



Pear, Onion, and Dry Jack Cheese Strudels

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

Ingredients

- ☐ 1 bosc pear cored peeled halved sliced
- ☐ 0.8 cup jack cheese or white dry packed grated ()
- ☐ 1 onion chopped
- ☐ 4 sheets phyllo pastry frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted ()
- ☐ 3 teaspoons grain dijon mustard whole

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ Melt 2 tablespoons butter in heavy medium skillet over medium heat.
- ☐ Add onion and sauté until brown, about 7 minutes.
- ☐ Add pear and sauté 3 minutes.
- ☐ Transfer pear mixture to medium bowl. Cool slightly. Stir in cheese, mustard and salt.
- ☐ Melt remaining 4 tablespoons butter in small saucepan over medium heat.
- ☐ Place 1 phyllo sheet on work surface. (Cover remaining phyllo with plastic wrap and damp kitchen towel.)
- ☐ Brush with melted butter. Top with second phyllo sheet.
- ☐ Brush with melted butter. Arrange half of pear mixture in log along 1 short end of phyllo, leaving 1-inch border at each end of pear mixture. Fold in sides and roll up tightly into log.
- ☐ Brush all over with butter.
- ☐ Transfer to large baking sheet. Repeat with remaining phyllo, butter, and pear mixture. (Strudels can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 375°F.
- ☐ Bake strudels until golden brown, about 18 minutes. Cool 5 minutes.
- ☐ Transfer 1 strudel to cutting board.
- ☐ Cut on diagonal into 12 pieces. Repeat with remaining strudel.
- ☐ Transfer to platter and serve.

Nutrition Facts



 **PROTEIN 9.3%**  **FAT 64.28%**  **CARBS 26.42%**

Properties

Glycemic Index:5.57, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.1995652045893%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 54.16kcal (2.71%), Fat: 3.94g (6.06%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.94g (1.04%), Cholesterol: 10.24mg (3.41%), Sodium: 125.95mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Calcium: 30.96mg (3.1%), Selenium: 2.11µg (3.01%), Phosphorus: 25.92mg (2.59%), Vitamin A: 116.89IU (2.34%), Fiber: 0.39g (1.58%), Vitamin B2: 0.03mg (1.55%), Manganese: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.17mg (1.16%), Folate: 4.51µg (1.13%)