



Pear Strudel

 Vegetarian  Vegan  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



248 kcal

DESSERT

Ingredients

- 0.5 tsp ground cinnamon
- 2 medium pears ripe finely chopped
- 8 sheets phyllo pastry frozen thawed
- 1 cup raisin bran cereal
- 3 Tbsp sugar

Equipment

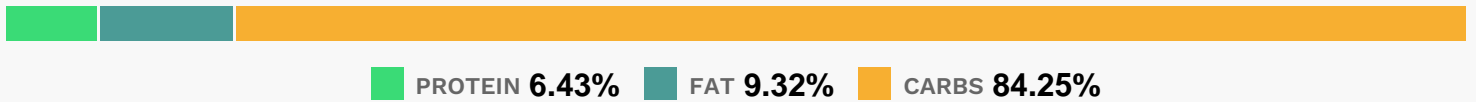
- baking sheet
- oven

cutting board

Directions

- Preheat oven to 375F. Stack phyllo sheets on cutting board, spraying each sheet with cooking spray before topping with another sheet.
- Cut stack crosswise in half to form 2 dough rectangles.
- Mix sugar and cinnamon. Reserve 1 tsp. of the cinnamon mixture. Toss pears with cereal and remaining cinnamon mixture. Spoon half of the pear mixture lengthwise down center of each dough rectangle; fold both long sides of dough over pear mixture to enclose filling, overlapping sides of dough slightly.
- Place, seam sides down, on ungreased baking sheet. Spray lightly with cooking spray.
- Sprinkle with reserved cinnamon mixture.
- Bake 16 to 18 minutes or until golden brown.
- Cut each dough rectangle in half.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:10.593478223552%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 247.59kcal (12.38%), Fat: 2.67g (4.11%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 54.38g (18.13%), Net Carbohydrates: 48.71g (17.71%), Sugar: 22.59g (25.1%), Cholesterol: 0mg (0%), Sodium: 240.9mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.75mg (37.71%), Iron: 4.11mg (22.84%), Fiber: 5.67g (22.7%), Folate: 89.69µg (22.42%), Vitamin B1: 0.3mg (20.32%), Vitamin B2: 0.26mg (15.17%), Vitamin B3: 2.95mg (14.75%), Selenium: 9.88µg (14.11%), Magnesium: 36.9mg (9.23%), Phosphorus: 89.39mg (8.94%), Copper: 0.17mg (8.6%), Vitamin B6: 0.16mg (7.79%), Vitamin B12: 0.37µg (6.15%), Potassium: 210.38mg (6.01%), Zinc: 0.84mg (5.62%), Vitamin K: 5.25µg (5%), Vitamin C: 3.97mg (4.81%), Vitamin A: 210.68IU (4.21%), Calcium: 22.03mg (2.2%), Vitamin B5: 0.19mg (1.9%), Vitamin D: 0.25µg (1.67%), Vitamin E: 0.22mg (1.5%)