

Persian Pastries

READY IN



100 min.

SERVINGS



16

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings butter melted
- ☐ 1 cinnamon sticks
- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.5 cup honey
- ☐ 2 slices optional: lemon
- ☐ 2 slices cranberry-orange relish
- ☐ 1 package phyllo
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar

- ☐ 0.5 cup walnuts finely chopped for garnish
- ☐ 2 cups walnuts finely chopped
- ☐ 0.5 cup water

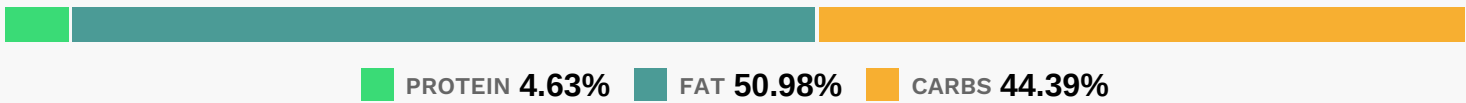
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a bowl combine the walnuts, sugar and cardamom. Butter a 9 by 9 by 1 3/4-inch baking dish. Cover phyllo with a very lightly dampened towel and keep covered at all times when it is not being used.
- ☐ Cut phyllo into 8 by 11-inch sheets.
- ☐ Place 1 sheet at a time on a work surface and lightly brush with butter.
- ☐ Place 2 tablespoons of the spiced sugar-nut mixture lengthwise down the center of each leaf of phyllo. Fold each sheet over several times lengthwise to form a 1-inch wide strip, enclosing the filling.
- ☐ Roll up each strip to make a coil and place flat (coil side up) in the prepared dish against the side to prevent it from uncoiling. Repeat the whole procedure with the rest of the phyllo sheets.
- ☐ Brush with butter and bake in a preheated 350 degrees F oven for 40 minutes.
- ☐ Combine all of the ingredients, except nuts, and bring to a boil. Simmer for 30 minutes, cool for 10 minutes, then strain.
- ☐ Pour over pastries once they have come out of the oven and let soak for 1 hour.
- ☐ Sprinkle with walnuts or pistachios.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:17.99, Inflammation Score:-2, Nutrition Score:4.8691304980413%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 273.69kcal (13.68%), Fat: 16.52g (25.42%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 30.9g (11.23%), Sugar: 28.08g (31.2%), Cholesterol: 10.75mg (3.58%), Sodium: 40.58mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Manganese: 0.72mg (36.24%), Copper: 0.3mg (14.98%), Magnesium: 30.08mg (7.52%), Phosphorus: 65.74mg (6.57%), Fiber: 1.48g (5.92%), Vitamin B6: 0.1mg (5.17%), Folate: 18.91µg (4.73%), Vitamin B1: 0.06mg (4.33%), Zinc: 0.62mg (4.1%), Iron: 0.64mg (3.55%), Potassium: 95.12mg (2.72%), Vitamin A: 133.38IU (2.67%), Calcium: 24mg (2.4%), Vitamin B2: 0.04mg (2.24%), Vitamin C: 1.73mg (2.1%), Vitamin E: 0.25mg (1.69%), Selenium: 1.16µg (1.66%), Vitamin B5: 0.12mg (1.24%), Vitamin B3: 0.23mg (1.15%)