



Plum Strudel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 3 tablespoons t brown sugar dark
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 0.5 teaspoon granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 8 sheets dough frozen thawed
- ☐ 1 pound plums thinly sliced

- ☐ 0.3 cup prune- cut to pieces diced pitted
- ☐ 1 tablespoon stick margarine melted
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Combine vegetable oil and butter in a custard cup or small bowls.
- ☐ Combine 3 tablespoons brown sugar, breadcrumbs, and ground cinnamon in a small bowl.
- ☐ Toss the plums, 1/4 cup brown sugar, prunes, and rind in a large bowl.
- ☐ Place 2 phyllo sheets on a large cutting board or work surface (cover the remaining dough to keep from drying), and lightly brush with oil mixture.
- ☐ Sprinkle with 2 tablespoons breadcrumb mixture. Repeat the layers with the remaining phyllo, oil mixture, and breadcrumb mixture, ending with phyllo. Lightly coat the top phyllo sheet with cooking spray. Arrange plum mixture over phyllo, leaving a 2-inch border. Starting at short edge, roll up phyllo jelly-roll fashion. (Do not roll tightly, or the strudel may split.)
- ☐ Place the strudel, seam side down, on a baking sheet coated with cooking spray. Lightly spray strudel with cooking spray; sprinkle with cinnamon-sugar.
- ☐ Bake at 350 for 30 minutes or until golden. Cool for 10 minutes, and remove from pan.
- ☐ Cut with a serrated knife.

Nutrition Facts



 PROTEIN **5.09%**  FAT **22.41%**  CARBS **72.5%**

Properties

Glycemic Index:22.59, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:4.851739111154%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 183.94kcal (9.2%), Fat: 4.71g (7.25%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 32.42g (11.79%), Sugar: 19.26g (21.4%), Cholesterol: 0mg (0%), Sodium: 139.98mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Manganese: 0.22mg (11.08%), Vitamin B1: 0.16mg (10.53%), Vitamin K: 10.79µg (10.28%), Selenium: 5.53µg (7.91%), Fiber: 1.86g (7.42%), Vitamin B3: 1.38mg (6.89%), Vitamin C: 5.59mg (6.78%), Vitamin B2: 0.11mg (6.22%), Vitamin A: 304.99IU (6.1%), Folate: 23.95µg (5.99%), Iron: 1.04mg (5.78%), Potassium: 167.42mg (4.78%), Copper: 0.08mg (4.13%), Phosphorus: 34.32mg (3.43%), Magnesium: 11.91mg (2.98%), Calcium: 27.36mg (2.74%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.24mg (1.58%)