



Pumpkin Baklava Recipe

 Vegetarian

READY IN



80 min.

SERVINGS



1

CALORIES



179 kcal

DESSERT

Ingredients

- 1 serving butter
- 1 cloves
- 1 serving ground cinnamon
- 1 serving honey
- 1 serving optional: lemon
- 1 serving nutmeg
- 1 serving dough
- 1 serving pumpkin puree

- 1 serving sugar
- 1 serving water

Equipment

- sauce pan
- oven
- knife
- baking pan

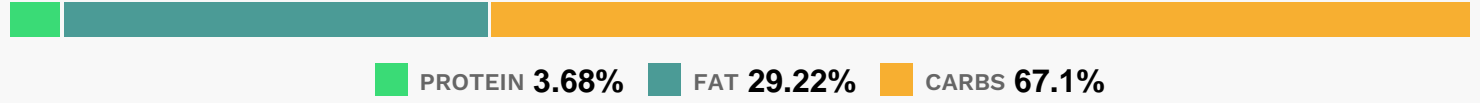
Directions

- Add water, sugar and honey to a medium-sized saucepan and bring the mixture to boil over medium heat. Allow to simmer for 15 minutes.
- Add the lemon juice and and turn the heat off. Allow to cool completely.**Baklava:**Preheat the oven to 375 degrees F. Butter the bottoms and side of a 9 x 13–inch dish.**Phyllo** dough comes in a package containing two smaller stacks. Each stack contains 20 sheets. Open only one package at a time, as the sheets tend to dry out.
- Lay two sheets inside the baking dish.
- Spread one tablespoon of butter on top of the two sheets of phyllo. Stack two more sheets onto the buttered sheets followed by another tablespoon of butter. Repeat until you've used up 12 sheets.
- Add the spices to the pumpkin purée.
- Spread an even of pumpkin purée on top of the twelfth layer. Repeat the process with another 10 layers and a tablespoon of butter every two sheets. Using a sharp knife cut the baklava into squares to get 24 pieces. However, don't cut all the way down, only cut halfway until you reach the pumpkin. This will ensure only the top part rises.
- Bake for 25 minutes at 375F, then turn the oven down to 325F and bake for another 30 minutes. Take the baklava out and leave it at room temperature for 10 minutes.Using a knife, re-cut the baklava all the way down. With a tablespoon pour the lukewarm syrup evenly along the cut lines. Make sure not to pour it all over, only between the lines. Allow the baklava to rest for at least four hours before serving. The syrup should be completely absorbed. Do not refrigerate.**More pumpkin dessert recipes on Food Republic:**Pumpkin Pie Ice Cream
- Pumpkin Ale Cinnamon

Rolls

Pumpkin Gingersnap Cheesecake

Nutrition Facts



Properties

Glycemic Index:310.86, Glycemic Load:15.59, Inflammation Score:-3, Nutrition Score:4.5939130245344%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 178.5kcal (8.92%), Fat: 6.03g (9.28%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 29.03g (10.56%), Sugar: 18.59g (20.65%), Cholesterol: 10.75mg (3.58%), Sodium: 137.41mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.63mg (31.38%), Fiber: 2.15g (8.58%), Vitamin B1: 0.11mg (7.58%), Selenium: 4.75µg (6.78%), Vitamin A: 290.38IU (5.81%), Iron: 0.95mg (5.29%), Folate: 19.59µg (4.9%), Vitamin C: 3.92mg (4.76%), Copper: 0.09mg (4.61%), Vitamin B2: 0.08mg (4.46%), Vitamin B3: 0.85mg (4.25%), Calcium: 37.99mg (3.8%), Magnesium: 11.62mg (2.91%), Phosphorus: 22.95mg (2.29%), Vitamin K: 1.89µg (1.8%), Zinc: 0.23mg (1.52%), Vitamin E: 0.22mg (1.44%), Potassium: 48.52mg (1.39%), Vitamin B6: 0.02mg (1.04%)