



Raspberry and White Chocolate Strudel

READY IN



10 min.

SERVINGS



4

CALORIES



345 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 0.5 teaspoon lemon zest grated
- 6 sheets dough
- 12 oz raspberries frozen thawed drained
- 4.5 tablespoons sugar
- 3 tablespoons butter unsalted melted
- 0.3 cup chocolate chips white

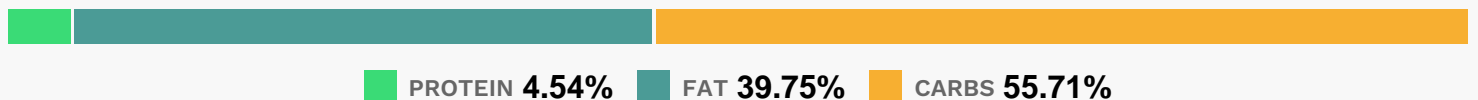
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- plastic wrap

Directions

- Preheat oven to 425F. Line a baking sheet with parchment paper. In a bowl, combine raspberries, cornstarch, lemon zest and 4 Tbsp. sugar.
- Lay 1 phyllo sheet on a work surface, short side facing you, keeping remaining sheets covered in plastic wrap.
- Brush sheet lightly with butter and lay a second sheet on top. Repeat with remaining butter and phyllo. (You will have some butter left over.)
- Spoon raspberry filling in a 2-inch-thick line along long edge of dough, leaving 2 inches at top and bottom.
- Sprinkle with white chocolate chips.
- Roll up tightly, fold ends under, and place seam side down on baking sheet.
- Brush with a bit of remaining butter.
- Sprinkle with remaining 1/2 Tbsp. sugar.
- Bake until golden brown, 15 to 20 minutes.
- Let stand on baking sheet on a wire rack for 15 minutes, then slice and serve warm, or let cool and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:22.3, Inflammation Score:-5, Nutrition Score:9.5156521071558%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 345.29kcal (17.26%), Fat: 15.64g (24.06%), Saturated Fat: 8.74g (54.62%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 43.17g (15.7%), Sugar: 26.15g (29.06%), Cholesterol: 25.73mg (8.57%), Sodium: 153.49mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Manganese: 0.71mg (35.44%), Vitamin C: 22.68mg (27.49%), Fiber: 6.14g (24.58%), Vitamin B1: 0.19mg (12.77%), Folate: 44.34µg (11.08%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.18mg (10.48%), Vitamin K: 9.45µg (9%), Vitamin B3: 1.79mg (8.93%), Iron: 1.56mg (8.66%), Vitamin E: 1.15mg (7.67%), Phosphorus: 75.25mg (7.52%), Magnesium: 25.09mg (6.27%), Copper: 0.12mg (5.91%), Vitamin A: 295.09IU (5.9%), Calcium: 57.28mg (5.73%), Potassium: 195.66mg (5.59%), Vitamin B5: 0.47mg (4.69%), Zinc: 0.62mg (4.14%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.16µg (1.05%)