

## Salted Caramel-Apple Strudel



Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

325 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 3 tablespoons gingersnaps crushed finely 4 cookies
- ☐ 0.5 cup granulated sugar plus more for sprinkling
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream cold
- ☐ 0.5 teaspoon kosher salt plus more for sprinkling
- ☐ 6 sheets phyllo dough frozen thawed
- ☐ 2 pounds golden delicious apples peeled cut into 3/4-inch pieces 4 large apples

☐ 1 stick butter salted

## Equipment

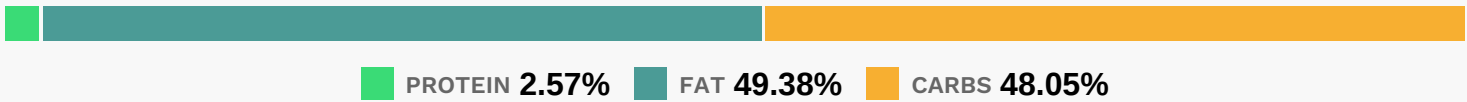
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ kitchen towels
- ☐ pastry brush

## Directions

- ☐ Combine the granulated sugar, 1/3 cup water and the salt in a large skillet over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the skillet occasionally but not stirring, until amber, 8 to 10 minutes.
- ☐ Brush any sugar crystals off the side of the skillet with a wet pastry brush.
- ☐ Remove from the heat and whisk in 3 tablespoons butter and the vinegar (the mixture will bubble).
- ☐ Add the apples and cook, stirring occasionally, until soft, about 12 minutes. Strain the apples and transfer to a bowl; set the caramel aside. Toss 1 tablespoon gingersnap crumbs and the cinnamon with the apples; let cool completely.
- ☐ Melt the remaining 5 tablespoons butter in a small saucepan over medium-low heat.
- ☐ Let cool, then skim off the foam and discard. Spoon the melted butter into a bowl, leaving any solids in the pan.
- ☐ Position a rack in the lower third of the oven and preheat to 375 degrees F. Line a baking sheet with parchment paper.

- ☐ Place a sheet of phyllo on a clean kitchen towel or piece of parchment with a long side in front of you. (Keep the remaining phyllo covered with a damp towel.) Lightly brush the phyllo with some of the melted butter and sprinkle with granulated sugar.
- ☐ Layer another sheet of phyllo on top; brush with more butter and sprinkle with more sugar. Repeat with the remaining 4 sheets of phyllo.
- ☐ Sprinkle the remaining 2 tablespoons gingersnap crumbs on top.
- ☐ Spoon the apple filling onto the phyllo in a strip along the bottom edge, leaving a 1-inch border. Use the towel or parchment to help roll the phyllo into a log, starting at the bottom edge.
- ☐ Place seam-side down on the prepared baking sheet.
- ☐ Brush with more butter and sprinkle with more granulated sugar. Make a few slits on top with a knife to vent.
- ☐ Bake until golden brown, 30 to 35 minutes.
- ☐ Beat the heavy cream in a bowl with a mixer on medium speed until soft peaks form, then gently fold in some of the reserved caramel (you may need to whisk the caramel first to loosen). Dust the strudel with confectioners' sugar and cut into pieces.
- ☐ Serve with the caramel whipped cream and more caramel; sprinkle with salt.
- ☐ Photograph by Kana Okada

## Nutrition Facts



## Properties

Glycemic Index:29.39, Glycemic Load:15.62, Inflammation Score:-5, Nutrition Score:5.0004347692365%

## Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin:

4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 325.19kcal (16.26%), Fat: 18.46g (28.4%), Saturated Fat: 11.06g (69.12%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 37.22g (13.53%), Sugar: 25.85g (28.72%), Cholesterol: 47.18mg (15.73%), Sodium: 341.12mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Fiber: 3.18g (12.72%), Vitamin A: 633.36IU (12.67%), Manganese: 0.22mg (10.99%), Vitamin B2: 0.13mg (7.62%), Vitamin B1: 0.11mg (7.41%), Vitamin C: 5.31mg (6.44%), Selenium: 4.27µg (6.1%), Iron: 0.99mg (5.48%), Folate: 21.79µg (5.45%), Vitamin E: 0.74mg (4.91%), Potassium: 170.32mg (4.87%), Vitamin B3: 0.88mg (4.4%), Vitamin K: 4.49µg (4.28%), Phosphorus: 39.96mg (4%), Copper: 0.07mg (3.25%), Vitamin B6: 0.06mg (3.1%), Magnesium: 11.99mg (3%), Calcium: 27.4mg (2.74%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.24µg (1.59%), Zinc: 0.2mg (1.32%)