



Sour Cherry Strudels

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 6 servings powdered sugar
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.8 cup granulated sugar
- ☐ 6 servings accompaniment: lightly whipped cream sweetened
- ☐ 12 inch sheets dough frozen thawed (17- by 12-inch)
- ☐ 0.5 cup butter unsalted melted

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ kitchen towels

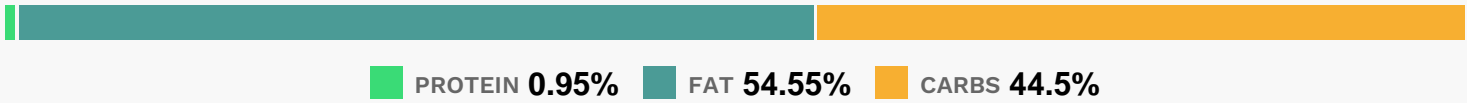
Directions

- ☐ Bring cherries (with any juices), 3/4 cup sugar, and cornstarch to a boil in a 2 1/2- to 3-quart heavy saucepan, stirring occasionally, then simmer 2 minutes.
- ☐ Transfer filling to a bowl and cool completely.
- ☐ While cherry filling cools, arrange 3 phyllo sheets in 1 layer on a work surface and let dry 15 minutes. Keeping 12 remaining sheets stacked, halve crosswise, then stack halves. Cover stack with a piece of plastic wrap and a dampened kitchen towel. Finely crumble 3 dried phyllo sheets into a bowl.
- ☐ Preheat oven to 400°F.
- ☐ Arrange 1 piece of phyllo on work surface with a short side nearest you (keep remaining sheets covered) and brush with some butter. Top with 3 more phyllo pieces, brushing each with butter.
- ☐ Sprinkle 2 tablespoons crumbled phyllo over lower third of buttered phyllo, leaving a 2-inch border along bottom and sides, then top with a rounded 1/3 cup filling. Fold bottom edge of phyllo up over filling and fold in sides to enclose filling completely, then roll up phyllo to form a strudel, about 4 1/2 by 2 1/2 inches.
- ☐ Transfer, seam side down, to a buttered baking sheet.
- ☐ Brush top with some butter, then sprinkle lightly with 1/4 teaspoon sugar.
- ☐ Cut 2 (1-inch) vents diagonally across top of strudel, about 1 1/2 inches apart, with a paring knife. Make 5 more strudels in same manner.
- ☐ Bake strudels in middle of oven until golden brown and crisp, 20 to 25 minutes.
- ☐ Transfer to a rack and cool 30 minutes.
- ☐ * We used IFQ (Individually Quick Frozen) cherries from Friske Orchards (231-599-2604), in Charlevoix, Michigan.

·Strudels can be baked 2 hours ahead and kept on rack at room temperature.

·Cherry filling can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.43, Inflammation Score:-4, Nutrition Score:1.58695653826%

Nutrients (% of daily need)

Calories: 342.64kcal (17.13%), Fat: 21.28g (32.74%), Saturated Fat: 13.24g (82.76%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 38.93g (14.16%), Sugar: 33.87g (37.64%), Cholesterol: 61.22mg (20.41%), Sodium: 33.03mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 690.23IU (13.8%), Vitamin E: 0.44mg (2.95%), Selenium: 1.66µg (2.38%), Vitamin B1: 0.03mg (1.9%), Vitamin D: 0.28µg (1.89%), Vitamin B2: 0.03mg (1.77%), Calcium: 16mg (1.6%), Manganese: 0.03mg (1.4%), Vitamin K: 1.45µg (1.38%), Folate: 5.04µg (1.26%), Iron: 0.2mg (1.11%), Vitamin B3: 0.21mg (1.07%)