



## Vegetable Cheese Strudel

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



303 kcal

### Ingredients

- 1 teaspoon basil dried crushed
- 1 eggs
- 1 cup eggplant cubed
- 0.3 teaspoon garlic powder
- 0.5 ounce mozzarella cheese
- 3 ounces mushrooms sliced
- 3 ounces mushrooms sliced
- 1 small onion sliced
- 1 sheet puff pastry pepperidge farm®

- 2 small bell pepper green red cut into 2-inch-long strips
- 2 tablespoons vegetable oil
- 1 tablespoon water

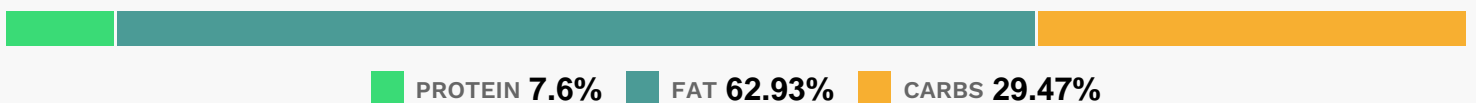
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 400 degrees F.
- Mix the egg and water in a small bowl.
- Heat the oil in a 12 inch skillet over medium-high heat.
- Add the peppers, mushrooms, eggplant, onion, garlic powder and basil and cook until the vegetables are tender and the liquid is evaporated.
- Let cool to room temperature.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 16x12 inch rectangle. With the short side facing you, spoon the vegetable mixture onto the bottom half of the pastry sheet to within 1 inch of the edges. Top with the cheese. Starting at the short side, roll up like a jelly roll. Tuck the ends under to seal.
- Place seam-side down on a baking sheet.
- Brush with the egg mixture.
- Bake for 25 minutes or until the pastry is golden. Slice and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:36.5, Glycemic Load:10.62, Inflammation Score:-4, Nutrition Score:9.4965217372645%

## Flavonoids

Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 302.7kcal (15.13%), Fat: 21.5g (33.07%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.66g (7.51%), Sugar: 2.49g (2.77%), Cholesterol: 29.15mg (9.72%), Sodium: 130.13mg (5.66%), Alcohol: 0g (100%), Protein: 5.84g (11.68%), Vitamin C: 21.59mg (26.17%), Selenium: 15.31µg (21.86%), Vitamin K: 20.2µg (19.23%), Vitamin B2: 0.29mg (16.88%), Manganese: 0.31mg (15.49%), Vitamin B3: 2.96mg (14.82%), Vitamin B1: 0.21mg (14.3%), Folate: 48.55µg (12.14%), Iron: 1.62mg (9.02%), Copper: 0.18mg (8.94%), Phosphorus: 84.33mg (8.43%), Fiber: 2g (7.99%), Vitamin B6: 0.14mg (6.82%), Potassium: 224.35mg (6.41%), Vitamin B5: 0.62mg (6.2%), Vitamin E: 0.83mg (5.53%), Magnesium: 17.29mg (4.32%), Zinc: 0.62mg (4.11%), Calcium: 31.26mg (3.13%), Vitamin A: 151.86IU (3.04%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.21µg (1.42%)