



Walnut and Pistachio Baklava

 Vegetarian

READY IN



240 min.

SERVINGS



32

CALORIES



271 kcal

DESSERT

Ingredients

- 1.5 ounces apples dried diced finely
- 2 cinnamon sticks
- 1.5 teaspoons ground cinnamon
- 0.7 cup honey (preferably Greek)
- 2 tablespoons juice of lemon fresh
- 17 sheets dough fresh frozen thawed
- 13 ounces pistachios raw unsalted
- 0.8 cup sugar

- 1.5 cups butter unsalted melted (3 sticks)
- 10 ounces walnuts

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- plastic wrap
- baking pan
- kitchen towels

Directions

- Combine all ingredients and 1 cup water in heavy medium saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat to medium and boil until syrup is reduced to generous 2 cups, about 15 minutes.
- Transfer to bowl and cool completely. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°F.
- Spread walnuts on large rimmed baking sheet.
- Spread pistachios on another large rimmed baking sheet.
- Place nuts in oven and toast 5 minutes. Cool nuts.
- Transfer nuts to processor.
- Add 3/4 cup sugar, lemon peel, and ground cinnamon. Using on/off turns, blend until nuts are ground to medium-fine texture.
- Transfer nut mixture to large bowl; mix in dried apples.
- Place phyllo sheet stack on work surface; cover with sheet of plastic wrap, then damp kitchen towel.

- Brush 13 x 9 x 2-inch metal baking pan with some melted butter. Arrange 1 phyllo sheet in pan with half of phyllo sheet hanging over 1 long side.
- Brush phyllo in pan with some melted butter. Fold overhang over to make two 12 x 8 1/2-inch layers.
- Brush with some melted butter. Repeat stacking and buttering with 4 more phyllo sheets, making 10 layers total.
- Spread 1/3 of nut mixture (generous 2 cups) over phyllo in pan to within 1/2 inch of edge. Repeat layering 2 more times with 5 phyllo sheets and 1/3 of remaining nut mixture each time. Top with 5 more folded phyllo sheets. Using sharp knife, cut through top phyllo layers lengthwise (do not cut through to bottom of pan) to make 4 strips, then cut phyllo crosswise to make 16 rectangles.
- Bake until phyllo is golden, about 45 minutes.
- Gradually spoon cold syrup over hot baklava. Cool to room temperature. DO AHEAD: Can be made 1 day ahead. Cover; let stand at room temperature.
- Cut each baklava rectangle crosswise in half for total of 32 pieces.
- Transfer baklava to platter and serve.

Nutrition Facts

PROTEIN 6.49% **FAT 64.28%** **CARBS 29.23%**

Properties

Glycemic Index:6.95, Glycemic Load:8.43, Inflammation Score:-3, Nutrition Score:6.2499999818595%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 271.48kcal (13.57%), Fat: 20.31g (31.25%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.59g (6.76%), Sugar: 11.79g (13.1%), Cholesterol: 22.88mg (7.63%), Sodium: 51.17mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Manganese: 0.56mg (27.75%), Copper: 0.31mg (15.29%), Vitamin B1: 0.17mg (11.06%), Phosphorus: 95.5mg (9.55%), Vitamin B6: 0.18mg (9.15%), Fiber: 2.19g

(8.75%), Magnesium: 28.73mg (7.18%), Iron: 1.11mg (6.16%), Folate: 24.14µg (6.04%), Vitamin A: 299.21IU (5.98%), Selenium: 4.14µg (5.91%), Potassium: 172.91mg (4.94%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.63mg (4.17%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.69mg (3.44%), Calcium: 28.41mg (2.84%), Vitamin K: 2.88µg (2.75%), Vitamin B5: 0.16mg (1.6%), Vitamin C: 0.93mg (1.13%), Vitamin D: 0.16µg (1.06%)