



WHATSheATE



Walnut and Pistachio Baklava



Vegetarian

READY IN



240 min.

SERVINGS



32

CALORIES



272 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
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 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

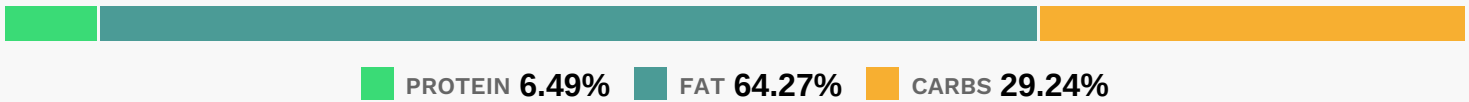
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels

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



Properties

Glycemic Index:6.95, Glycemic Load:8.43, Inflammation Score:-3, Nutrition Score:6.2639130120692%

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: 271.53kcal (13.58%), Fat: 20.31g (31.25%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 18.6g (6.76%), Sugar: 11.8g (13.11%), Cholesterol: 22.88mg (7.63%), Sodium: 51.18mg (2.23%), 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 (11.07%), Phosphorus: 95.51mg (9.55%), Vitamin B6: 0.18mg (9.16%), Fiber: 2.2g (8.8%),

Magnesium: 28.75mg (7.19%), Iron: 1.11mg (6.16%), Folate: 24.16µg (6.04%), Vitamin A: 299.27IU (5.99%), Selenium: 4.14µg (5.91%), Potassium: 173.11mg (4.95%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.63mg (4.17%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.69mg (3.44%), Calcium: 28.57mg (2.86%), Vitamin K: 2.88µg (2.75%), Vitamin B5: 0.16mg (1.6%), Vitamin C: 1.09mg (1.32%), Vitamin D: 0.16µg (1.06%)