

# Baklava Fingers

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 24 appetizers**

### *FILLING*

*3 ounces walnuts, finely chopped*

*1 tablespoon soft brown sugar*

*1 teaspoon ground cinnamon*

*3/4 ounce butter, melted*

*8 sheets filo pastry*

*1 3/4 ounces butter, melted*

### *SYRUP*

*1 cup sugar*

*2 tablespoons honey*

*2 teaspoons orange flower water  
(optional)*

## **Preparation Time: 30 minutes**

### **Cook Time: 20 minutes**

Preheat the oven to 415 degrees. Brush a baking tray with oil or melted butter.

For the filling: Place the walnuts, sugar, cinnamon and butter in a small bowl. Stir until combined.

Remove one sheet of filo and cover the rest to prevent drying out. Place the sheet of filo pastry on a work bench, brush with melted butter and fold in half. Cut the sheet into three strips. Place a heaped teaspoon of filling close to the front edge of the pastry. Roll up, tucking in the edges. Place on the prepared tray and brush with melted butter. Repeat with the remaining pastry sheets.

Bake for 15 minutes or until golden brown.

To make the syrup: in a small pan, combine the sugar, honey, and 1/2 cup of water. Stir over low heat, without boiling, until the sugar has completely dissolved. Bring to a boil, reduce the heat and simmer for 5 minutes. Remove from the heat and add the orange flower water.

Transfer to a wire rack over a tray. Spoon the syrup over the pastries while both the pastries and syrup are still warm

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Per Serving (excluding unknown items): 1933 Calories; 106g Fat (47.0% calories from fat); 22g Protein; 247g Carbohydrate; 6g Dietary Fiber; 155mg Cholesterol; 591mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 19 1/2 Fat; 15 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1933	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	47.0%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	48.8%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	4.3%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	106g	<b>Folacin (mcg):</b>	59mcg
<b>Saturated Fat (g):</b>	39g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	27g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	34g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	155mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	247g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	6g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	22g	<b>Lean Meat:</b>	2 1/2
<b>Sodium (mg):</b>	591mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	501mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	99mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	19 1/2
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	15 1/2
<b>Vitamin C (mg):</b>	4mg		
<b>Vitamin A (i.u.):</b>	2425IU		
<b>Vitamin A (r.e.):</b>	562 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 1933	Calories from Fat: 908
<b>% Daily Values*</b>	
<b>Total Fat</b> 106g	163%
Saturated Fat 39g	194%
<b>Cholesterol</b> 155mg	52%
<b>Sodium</b> 591mg	25%
<b>Total Carbohydrates</b> 247g	82%
Dietary Fiber 6g	22%
<b>Protein</b> 22g	
<b>Vitamin A</b>	48%
<b>Vitamin C</b>	6%
<b>Calcium</b>	10%
<b>Iron</b>	22%

\* Percent Daily Values are based on a 2000 calorie diet.