

# Baklava (Irresistable Greek Dessert)

*St Peter's Staff*

*Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003*

*4 cups California walnuts, finely  
chopped  
1/2 cup sugar  
1 teaspoon ground cinnamon  
1 pound phyllo (strudel leaves)  
3/4 to 1 cup butter or margarine,  
melted  
1 jar (12 ounce) honey*

Grease a 9x13-inch baking dish.

In a large bowl, combine the walnuts, sugar and cinnamon. Blend well and set aside.

In the greased baking dish, place one sheet of phyllo, allowing it to extend up the sides of the dish. Brush the sheet with some butter. Repeat to make five more layers of phyllo. Sprinkle with one cup of the walnut mixture. Cut the remaining phyllo into rectangles, approximately 9x13 inches.

Place one sheet of the phyllo in the baking dish over the walnut mixture. Brush with butter. Repeat to make at least six layers, overlapping small strips of phyllo to make rectangles, if necessary. Sprinkle one cup of the walnut mixture over the phyllo.

Repeat the previous step two more times. Place the remaining phyllo on top of the last walnut layer. Trim any phyllo that extends over the top of the dish. With a sharp knife, cut just halfway through all layers in diagonal lines to make 28 servings (diamond shaped). Bake at 300 degrees for 1 hour and 25 minutes or until the top is golden brown.

Heat the honey in a one-quart saucepan over medium-low heat until hot but not boiling. Immediately upon removing the Baklava from the oven, spoon hot honey evenly over the top. Cool in the pan on a wire rack for at least one hour, then cover and leave at room temperature until serving time.

To serve: With a sharp knife, finish cutting through the layers.

*Phyllo is available in Greek pastry shops or in the frozen food section of most supermarkets.*

---

Per Serving (excluding unknown items): 2033 Calories; 69g Fat (28.9% calories from fat); 2g Protein; 381g Carbohydrate; 2g Dietary Fiber; 186mg Cholesterol; 718mg Sodium. Exchanges: 0 Grain(Starch); 14 Fat; 25 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

Calories (kcal):	2033	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	70.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	69g	Folacin (mcg):	10mcg
Saturated Fat (g):	43g	Niacin (mg):	trace
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	186mg	% Deficient:	0.0%
Carbohydrate (g):	381g		
Dietary Fiber (g):	2g		
Protein (g):	2g		
Sodium (mg):	718mg		
Potassium (mg):	212mg		
Calcium (mg):	70mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	2607IU		
Vitamin A (r.e.):	644 1/2RE		

**Food Exchanges**

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	14
Other Carbohydrates:	25 1/2

**Nutrition Facts**

**Amount Per Serving**

<b>Calories</b>	2033	Calories from Fat: 587
-----------------	------	------------------------

% Daily Values*		
<b>Total Fat</b>	69g	106%
Saturated Fat	43g	215%
<b>Cholesterol</b>	186mg	62%
<b>Sodium</b>	718mg	30%
<b>Total Carbohydrates</b>	381g	127%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	
<b>Vitamin A</b>		52%
<b>Vitamin C</b>		4%
<b>Calcium</b>		7%
<b>Iron</b>		14%

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