

Apple-Cranberry Strudel

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Servings: 8

8 sheets frozen phyllo pastry, thawed
non-stick aluminum foil
2 large (3 cups) gala apples, chopped
into 1/2-inch cubes
1/2 cup walnuts, finely chopped
zest of one orange (no white)
(1/4 cup) juice of one orange
1/2 cup cranberries, julienned
1/2 cup sugar
2 tablespoons cornstarch
6 tablespoons unsalted butter, melted
plastic wrap
8 teaspoons plain Panko crispy bread
crumbs, divided
ice cream (optional) (for serving)

Preparation Time: 20 minutes

Remove the phyllo to thaw (about 30 minutes).

Line a baking sheet with foil.

In a medium bowl, place the apples and walnuts. add the orange zest and juice. Stir in the cranberries, sugar and cornstarch. Melt the butter.

Preheat the oven to 375 degrees.

Unroll the phyllo sheets. Cover with a damp towel. Place an eighteen-inch-long sheet of plastic wrap on a work surface. Place one phyllo sheet on the plastic. Brush with butter and sprinkle with one teaspoon of bread crumbs. Repeat three more times.

Spoon one-half of the apple mixture in the center of the phyllo, leaving a two-inch border on all sides. Lift the plastic wrap and phyllo to carefully roll the dough around the filling. Tuck the ends under (against the seam edge) and place, seam side down, on the baking sheet (removing the plastic). Make a second strudel with the remaining phyllo and apple mixture.

Brush with any remaining butter. Cut three diagonal slits on top of each roll.

bake for 22 to 25 minutes or until golden.

Let stand 15 minutes to cool.

Cut into slices and serve with ice cream.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 239 Calories; 14g Fat (52.1% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 93mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	239
% Calories from Fat:	52.1%
% Calories from Carbohydrates:	42.4%
% Calories from Protein:	5.5%
Total Fat (g):	14g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	23mg
Carbohydrate (g):	26g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	93mg
Potassium (mg):	62mg
Calcium (mg):	10mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	351IU
Vitamin A (r.e.):	83RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 239 **Calories from Fat:** 125

% Daily Values*

Total Fat 14g	22%
Saturated Fat 6g	29%
Cholesterol 23mg	8%
Sodium 93mg	4%
Total Carbohydrates 26g	9%
Dietary Fiber 1g	4%
Protein 3g	
Vitamin A	7%
Vitamin C	2%
Calcium	1%
Iron	5%

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