## **Peach and Almond Strudels (Mini)**

The Essential Appetizers Cookbook (1999) Whitecap Books

## Yield: 24 strudels

filo pastry sheets 1 can (14 ounce) pie peaches 2 ounces slivered almonds 2 ounces sultanas 1 tablespoon soft brown sugar butter, melted cinnamon (for garnisb) Preheat the oven to 350 degrees.

Grease two twelve-cup muffin tins.

In a bowl, mix the peaches, almonds, sultanas and brown sugar.

Brush a sheet of filo pastry with melted butter. Top with another sheet. Cut into four quarters. Cut each quarter into four sections (16 pieces). Repeat five times with more sheets of filo. (Total of 96 pieces.) Place four squares in the bottom of each muffin cup.

Bake for 10 minutes.

Place one tablespoon of filling into each muffin cup. Sprinkle with cinnamon.

Bake for 5 to 10 minutes until the pastry is golden.

Sultanas are white, seedless grape of Turkish or Iranian origin. It is also the name given to the raisin made from it;

Per Serving (excluding unknown items): 332 Calories; 30g Fat (75.2% calories from fat); 12g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 5 Fat.

Appetizers, Desserts

## Bar Canvina Nutritianal Analysis

Calories (kcal):	332
% Calories from Fat:	75.2%
% Calories from Carbohydrates:	11.8%

Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg):

.1mg 0mcg .1mg

% Calories from Protein:	13.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	30g	Folacin (mcg):	22mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Pofueo	በ በ%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	12g	Lean Meat:	1
Sodium (mg):	6mg	Vegetable:	0
Potassium (mg):	425mg	Fruit:	0
Calcium (mg):	140mg	Non-Fat Milk:	0
lron (mg):	2mg	Fat:	5
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	trace		Ŭ
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## **Nutrition Facts**

Amount Per Serving		
Calories 332	Calories from Fat: 250	
	% Daily Values*	
Total Fat 30g	46%	
Saturated Fat 3g	14%	
Cholesterol 0mg	0%	
Sodium 6mg	0%	
Total Carbohydrates 11g	4%	
Dietary Fiber 4g	15%	
Protein 12g		
Vitamin A	0%	
Vitamin C	1%	
Calcium	14%	
Iron	11%	

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