



# Easy Apple Strudel



Recipe by *allrecipes.com*

## Ingredients

- 3 medium apples-peeled and sliced
- 1 cup brown sugar
- 1 cup raisins
- 1 egg
- 1/4 cup skim milk
- 1 sheet frozen puff pastry, thawed



## Directions



1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. Place apples in a large bowl. Stir in brown sugar and raisins; set aside. Place puff pastry on baking sheet. Roll lightly with a rolling pin. Arrange apple filling down the middle of pastry lengthwise. Fold the pastry lengthwise around the mixture. Seal edges of pastry by using a bit of water on your fingers, and rubbing the pastry edges together. Whisk egg and milk together; brush on top of pastry.
1. Bake in oven for 35-40 minutes or until golden brown.

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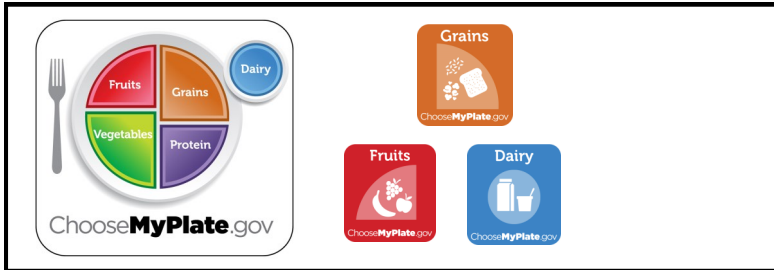
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add your favorite fruit
- Substitute sugar with honey
- Make your own whole wheat dough

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 Strudel</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.8g	<b>4%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 95g	<b>35%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 79g	
Includes 43g Added Sugars	<b>86%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0.3mcg	2%
Calcium 87.6mg	6%
Iron 1.2mg	6%
Potassium 498mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

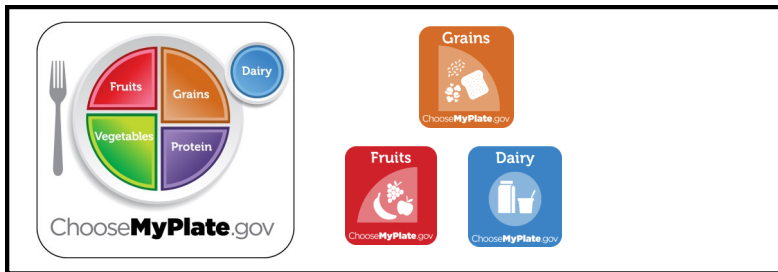
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