

# Northern Italian Apple Strudel ~ Strudel di Mele

Yield: 4 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-apple-strudel-recipe>

## Ingredients:

- 5 apples medium sized, : #1 choice: Honeycrisp, #2 - Braeburn, or #3 - Gravenstein. Peeled, cored, and cut into ½ inch slices, or c...
- ¾ cup apple juice or cider, divided
- 1 vanilla bean
- 1 lemon + zest of one lemon
- 1 cup sultana or golden raisins
- brandy or grappa
- ⅓ cup light brown sugar
- 1 teaspoon Calvados for the apple filling PLUS 1 cup for the raisins to marinate
- 1 cinnamon stick
- ⅓ cup light brown sugar
- 1 teaspoon cornstarch
- 10 sheets phyllo /filo dough at room temperature
- ½ cup butter melted
- slivered almonds or pine nuts
- ⅔ cup breadcrumbs or panko
- 2 tablespoons sugar

## Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 122 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 8 grams
6. Protein: 6 grams
7. SaturatedFat: 15 grams
8. Sodium: 530 milligrams

9. Sugar: 74 grams

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