

Easy Apple Strudel

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 egg
- 1 tablespoon water
- 2 tablespoons brown sugar
- 3 tablespoons flour all-purpose
- 1/2 teaspoon cinnamon
- 2 apples large firm, peeled, cored and thinly sliced
- 1/4 cup chopped walnuts or pecans
- 2 tablespoons raisins
- 1 sheet frozen puff pastry thawed
- 1 tablespoon sugar confectioners'

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 20 milligrams
9. Sugar: 19 grams

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