



## Alaska Seafood Phyllo Triangles

READY IN



45 min.

SERVINGS



30

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces round of président brie diced
- ☐ 1 cup butter melted
- ☐ 1 tablespoon butter
- ☐ 1 pound crab meat
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 1 garlic clove minced
- ☐ 16 ounce dough thawed

- ☐ 3 tablespoons bell pepper red minced
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced

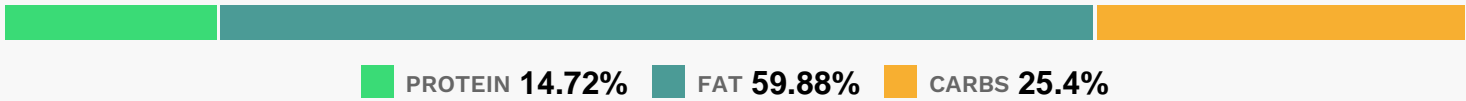
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Melt 1 tablespoon butter in a skillet over medium heat.
- ☐ Add bell pepper, shallot, and garlic; saut 2 minutes.
- ☐ Remove from heat, and stir in cheese and next 5 ingredients.
- ☐ Remove phyllo from package; cut into 4 equal pieces, each about 3 inches wide. (Some brands divide dough into 2 sections. If using, cut each section in half. Each section will be larger than 3 inches wide.)
- ☐ Unroll phyllo, and cover with a barely damp towel to keep it from drying out.
- ☐ Place 1 piece of phyllo on a surface, and brush lightly with melted butter. Top with another piece of phyllo.
- ☐ Place a heaping tablespoon of crab mixture at the edge of the strip. Fold top corner of phyllo over seafood, creating a triangle. Continue to fold over the triangle, and brush with butter to seal edge.
- ☐ Place on a lightly greased or parchment-lined baking sheet. Repeat with remaining phyllo, crab mixture, and butter.
- ☐ Bake at 350 for 8 to 10 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:13.47, Glycemic Load:2.98, Inflammation Score:-3, Nutrition Score:4.7656522263651%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 129.07kcal (6.45%), Fat: 8.57g (13.18%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.12g (0.13%), Cholesterol: 27.4mg (9.13%), Sodium: 294.38mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin B12: 1.44µg (23.95%), Selenium: 9.68µg (13.83%), Copper: 0.16mg (7.86%), Zinc: 1.08mg (7.2%), Vitamin B1: 0.09mg (6.17%), Folate: 23.49µg (5.87%), Phosphorus: 54.4mg (5.44%), Vitamin A: 263.23IU (5.26%), Vitamin B2: 0.08mg (4.85%), Manganese: 0.09mg (4.61%), Vitamin B3: 0.82mg (4.09%), Iron: 0.63mg (3.51%), Vitamin C: 2.4mg (2.91%), Magnesium: 11.13mg (2.78%), Vitamin B6: 0.04mg (2.16%), Calcium: 18.88mg (1.89%), Potassium: 55.94mg (1.6%), Vitamin E: 0.22mg (1.49%), Vitamin B5: 0.14mg (1.39%), Fiber: 0.34g (1.34%), Vitamin K: 1.34µg (1.28%)