



Beef Triangles with Chutney Sauce

READY IN



45 min.

SERVINGS



30

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup currants dried
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup yogurt plain low-fat

- ☐ 0.5 cup mango chutney
- ☐ 0.5 cup onion chopped
- ☐ 15 sheets dough frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

Equipment

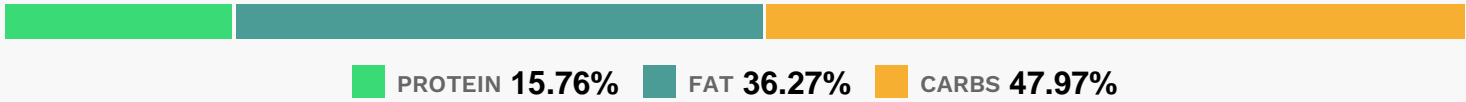
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ colander

Directions

- ☐ Combine yogurt and mango chutney in a bowl; stir well, and set chutney sauce aside.
- ☐ Cook meat and onion in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Drain meat mixture in a colander; wipe drippings from skillet with a paper towel.
- ☐ Return meat mixture to skillet.
- ☐ Add currants and next 6 ingredients (currants through black pepper); stir well.
- ☐ Combine water and cornstarch; stir well, and add to the meat mixture. Cook over medium heat 2 minutes, stirring constantly.
- ☐ Remove from heat; set aside.
- ☐ Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 4 (3 1/2-inch-wide) strips; lightly coat strips with cooking spray (cover remaining phyllo dough to keep it from drying out). Stack 2 strips, and spoon about 1 tablespoon meat mixture onto one end of each stack. Fold the left bottom corner over mixture, forming a triangle; keep folding back and forth into a triangle to end of strip.
- ☐ Place triangles, seam sides down, on a baking sheet; lightly coat with cooking spray.

- ☐ Bake at 400 for 12 minutes or until golden.
- ☐ Serve warm with chutney sauce.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:4.29, Inflammation Score:-1, Nutrition Score:2.6326086887199%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 92.16kcal (4.61%), Fat: 3.68g (5.67%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.17g (4.63%), Cholesterol: 10.98mg (3.66%), Sodium: 100.53mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Selenium: 4.77µg (6.81%), Vitamin B12: 0.35µg (5.77%), Vitamin B3: 1.06mg (5.32%), Zinc: 0.73mg (4.88%), Vitamin B1: 0.06mg (4.31%), Vitamin B2: 0.07mg (4.18%), Phosphorus: 40.61mg (4.06%), Iron: 0.69mg (3.84%), Manganese: 0.07mg (3.3%), Vitamin B6: 0.06mg (3.16%), Folate: 11.18µg (2.8%), Potassium: 79.12mg (2.26%), Copper: 0.03mg (1.61%), Fiber: 0.38g (1.52%), Calcium: 15.1mg (1.51%), Magnesium: 6mg (1.5%), Vitamin B5: 0.13mg (1.34%)