



## Brie Phyllo Cups

READY IN



20 min.

SERVINGS



15

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.9 ounces athens phyllo shells frozen miniature
- 3 tablespoons gingersnaps crushed
- 6 ounces round of président brie cubed
- 0.3 cup alouette garlic & herbs spreadable cheese

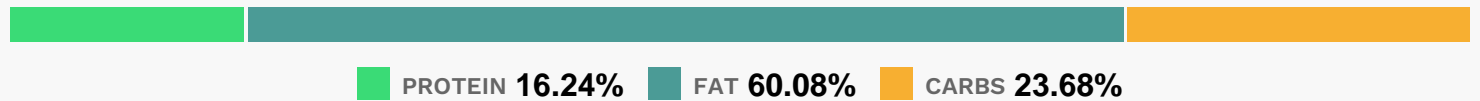
### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 325&deg;.
- Place the tart shells on an ungreased baking sheet.
- Sprinkle about 1/2 teaspoon gingersnap crumbs into each shell; top with Brie and spreadable fruit.
- Bake 5 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.370869561382%

## Nutrients (% of daily need)

Calories: 75.74kcal (3.79%), Fat: 5.24g (8.06%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.64g (0.71%), Cholesterol: 15.43mg (5.14%), Sodium: 115.68mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin B2: 0.07mg (3.98%), Vitamin B12: 0.19µg (3.12%), Selenium: 1.8µg (2.56%), Folate: 9.94µg (2.49%), Manganese: 0.05mg (2.49%), Phosphorus: 23.77mg (2.38%), Calcium: 23.14mg (2.31%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.48%), Iron: 0.25mg (1.37%), Vitamin A: 67.19IU (1.34%)