



Cheese, Herb, and Sun-Dried Tomato Phyllo Rolls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



159 kcal

Ingredients

- ☐ 1 large eggs
- ☐ 1 teaspoon marjoram fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 2 tablespoons sun-dried olives drained finely chopped
- ☐ 16 servings olive oil extra virgin extra-virgin
- ☐ 8 sheets dough frozen thawed (12x14 inches)
- ☐ 0.3 teaspoon pepper white black

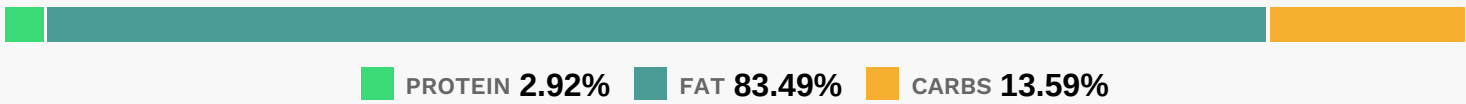
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk egg in medium bowl until frothy.
- ☐ Mix in all cheeses, tomatoes, thyme, marjoram, and pepper. Cover and chill until ready to use, up to 1 day.
- ☐ Stack phyllo sheets. Using sharp knife or shears, cut sheets in half lengthwise, making sixteen 5- to 6-inch-wide pastry strips.
- ☐ Place 1 strip on work surface (keep remaining strips covered with plastic wrap and damp towel to prevent drying).
- ☐ Brush entire strip with oil.
- ☐ Place 1 heaping tablespoon cheese filling in center of strip, 1 inch in from 1 short pastry edge. Shape filling into 3-inch-long log, parallel to short edge. Fold short edge, then sides of pastry, over filling. Continue to roll up, enclosing filling completely.
- ☐ Brush all over with oil; place on rimmed baking sheet. Repeat with remaining phyllo strips and filling. Can be made 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 350°F.
- ☐ Bake rolls uncovered until filling is heated through and pastry is golden, about 18 minutes.
- ☐ Transfer to platter; serve hot.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:1.93, Inflammation Score:-3, Nutrition Score:2.4199999894785%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 158.58kcal (7.93%), Fat: 14.89g (22.91%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 5.15g (1.87%), Sugar: 0.26g (0.29%), Cholesterol: 11.63mg (3.88%), Sodium: 51.3mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin E: 2.06mg (13.71%), Vitamin K: 9.1µg (8.66%), Selenium: 3.21µg (4.58%), Vitamin B1: 0.06mg (3.74%), Manganese: 0.07mg (3.3%), Iron: 0.54mg (3.01%), Vitamin B2: 0.05mg (3%), Folate: 10.38µg (2.6%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 15.86mg (1.59%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.13%)