



Creamy Garlic Escargot

READY IN



50 min.

SERVINGS



4

CALORIES



1022 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 4 egg yolks
- ☐ 2 tablespoons garlic minced
- ☐ 1 quart heavy whipping cream
- ☐ 4 sheets phyllo dough
- ☐ 4 servings salt and pepper to taste
- ☐ 32 helix snails

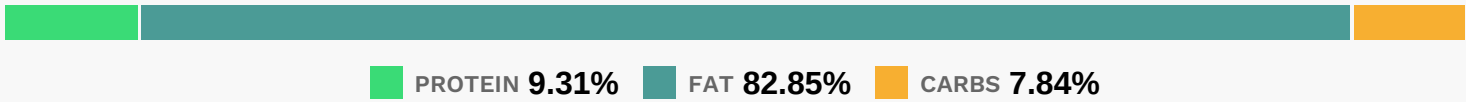
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly spray a cupcake pan with non-stick cooking spray.
- ☐ Place the phyllo dough on a flat surface and brush each sheet with the melted butter.
- ☐ Layer the sheets on top of one another and cut the pile into fours. Push each piece of dough into a cupcake pan, forming cups with the dough.
- ☐ Bake the phyllo cups for 10 to 15 minutes, until golden.
- ☐ Drain the snails and rinse them with running water until the liquid runs clear. In a small bowl, mix together the egg yolks and heavy cream.
- ☐ Heat a saute pan, add 4 tablespoons of butter, the garlic and then the snails.
- ☐ Saute for a couple of minutes and then add half of the heavy cream mixture. Bring to a boil and season with the salt and pepper. The sauce will thicken while cooling.
- ☐ Remove the phyllo cups from the muffin tins.
- ☐ Place a phyllo cup on a plate or bowl and put 8 escargot in the cup and flowing out of the cup.
- ☐ Pour the sauce in the cup over the escargot.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:24.240869345872%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1022.22kcal (51.11%), Fat: 95.3g (146.61%), Saturated Fat: 58.51g (365.66%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.84g (7.21%), Sugar: 7.09g (7.87%), Cholesterol: 509.27mg (169.76%), Sodium: 437.26mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Vitamin A: 3905.23IU (78.1%), Selenium: 44.13µg (63.04%), Magnesium: 221.39mg (55.35%), Vitamin E: 6.74mg (44.94%), Phosphorus: 446.23mg (44.62%), Vitamin B2: 0.71mg (41.54%), Vitamin D: 4.76µg (31.72%), Iron: 4.21mg (23.38%), Calcium: 197.66mg (19.77%), Copper: 0.39mg (19.56%), Vitamin B12: 1.14µg (18.92%), Potassium: 580.96mg (16.6%), Vitamin B6: 0.31mg (15.26%), Folate: 57.49µg (14.37%), Vitamin B1: 0.2mg (13.2%), Zinc: 1.92mg (12.83%), Vitamin B5: 1.23mg (12.27%), Vitamin B3: 2.08mg (10.4%), Manganese: 0.17mg (8.5%), Vitamin K: 8.56µg (8.16%), Vitamin C: 2.67mg (3.23%), Fiber: 0.44g (1.78%)