



Creamy Phyllo Cheese Straws in Pesto

READY IN



30 min.

SERVINGS



36

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 tablespoons butter melted 1 stick
- ☐ 8 ounces cream cheese softened
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup parmesan grated
- ☐ 36 servings pesto store-bought for dipping
- ☐ 1 box phyllo dough thawed
- ☐ 0.3 teaspoon salt

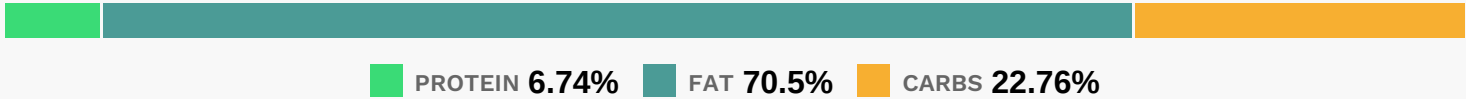
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pastry bag
- ☐ drinking straws

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a small bowl, combine the cream cheese, lightly beaten egg, Parmesan, and salt. Stir to combine. Spoon mixture into a plastic zip-top bag. Set aside. To use as a pastry bag, cut corner off bag to make a 1/4-inch diameter opening.
- ☐ Lay out thawed phyllo dough. Working quickly to keep dough from drying out: brush top sheet with melted butter, pipe cheese filling along long edge of phyllo 1/2-inch from each end. Fold over ends to seal in filling and roll up straw. Repeat with remaining sheets of phyllo and place on a baking sheet.
- ☐ Bake until golden, about 10 minutes.
- ☐ Serve warm with pesto for dipping.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:2.2173912939818%

Nutrients (% of daily need)

Calories: 144.5kcal (7.23%), Fat: 11.29g (17.37%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.72g (2.81%), Sugar: 0.75g (0.83%), Cholesterol: 19.27mg (6.42%), Sodium: 269.82mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 476.78IU (9.54%), Selenium: 4.04µg (5.77%), Vitamin B1: 0.07mg (4.7%), Calcium: 41.31mg (4.13%), Vitamin B2: 0.07mg (3.9%), Folate: 12.36µg (3.09%), Manganese: 0.06mg (3.06%), Iron: 0.53mg (2.92%), Vitamin B3: 0.52mg (2.61%), Phosphorus: 24.16mg (2.42%), Fiber: 0.48g (1.92%), Vitamin E: 0.15mg (1.01%)