



Crispy Mozzarella Sticks Marinara

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



576 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces sticks part-skim mozzarella cheese (3 x)
- ☐ 2 teaspoons commercial pesto
- ☐ 4 sheets phyllo dough frozen thawed
- ☐ 0.3 cup tomato-and-basil marinara sauce fat-free

Equipment

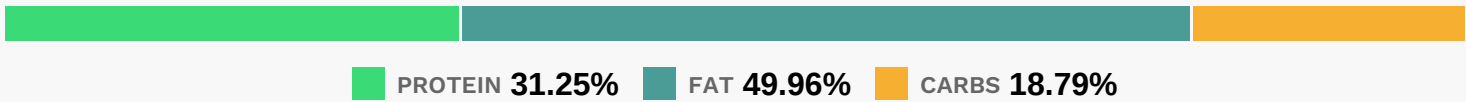
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Coat cheese with pesto.
- ☐ Cut phyllo sheets in half crosswise to form 8 (13 x 9-inch) rectangles.
- ☐ Place 1 phyllo sheet on a cutting board or work surface (cover remaining dough to keep from drying); coat with cooking spray.
- ☐ Place 1 sheet on top of first sheet. Fold in half crosswise to form a 9 x 6 1/2-inch rectangle.
- ☐ Place 1 stick of cheese at center of a short end of rectangle; fold long sides of phyllo over cheese, coat with cooking spray. Starting with the short end, roll up phyllo jelly-roll fashion. Coat with cooking spray.
- ☐ Place on a baking sheet coated with cooking spray. Repeat with remaining phyllo and cheese.
- ☐ Bake at 400 for 12 minutes or until golden brown.
- ☐ Heat the marinara sauce in a small saucepan over medium-low heat until thoroughly heated.
- ☐ Serve marinara sauce with mozzarella sticks.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:7.32, Inflammation Score:-7, Nutrition Score:19.329999921115%

Nutrients (% of daily need)

Calories: 576.27kcal (28.81%), Fat: 31.58g (48.59%), Saturated Fat: 18.14g (113.39%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 25.42g (9.24%), Sugar: 3.28g (3.64%), Cholesterol: 109.26mg (36.42%), Sodium: 1341.94mg (58.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.45g (88.91%), Calcium: 1347.39mg (134.74%), Phosphorus: 816.05mg (81.6%), Selenium: 33.35µg (47.64%), Vitamin B2: 0.64mg (37.94%), Zinc: 4.88mg (32.54%), Vitamin B12: 1.39µg (23.25%), Vitamin A: 1012.72IU (20.25%), Vitamin B1: 0.24mg (15.75%), Folate: 48.75µg (12.19%), Magnesium: 44.82mg (11.21%), Manganese: 0.2mg (9.89%), Iron: 1.71mg (9.52%), Vitamin B3: 1.73mg (8.63%), Vitamin B6: 0.13mg (6.52%), Potassium: 221mg (6.31%), Fiber: 1.3g (5.21%), Copper: 0.08mg (4.05%), Vitamin K: 3.67µg (3.5%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.27mg (1.79%)