



Crispy Smoked Mozzarella with Honey and Figs

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

Ingredients

- 3 teaspoons sesame seed black
- 8 ounces figs dried stemmed quartered
- 0.8 cup honey plus more for drizzling
- 6 ounces mozzarella cheese smoked cut into 6 equal pieces
- 6 sheets phyllo dough
- 6 servings vegetable oil for frying

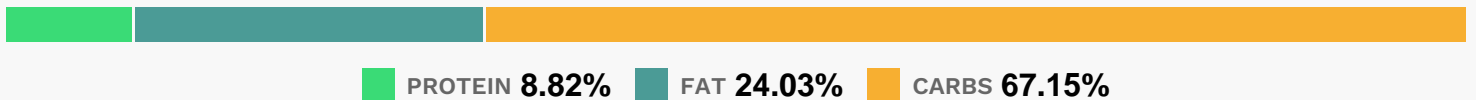
Equipment

- baking sheet
- paper towels
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- In a large pot, heat the vegetable oil over medium heat to 350 degrees F.
- Place 1 sheet of phyllo on a dry work surface.
- Place one slice of cheese about 5 inches from the top of the narrow end of the sheet. Fold the top of the narrow end over the cheese, leaving 1 inch between the fold and the cheese. Next fold over 1 of the long sides then the other, again leaving 1-inch between the folds and the cheese. Then fold the cheese over, again leaving 1-inch between the fold and the cheese. Continue folding to make a package about 3 1/2 by 4-inches. Continue with the remaining pieces of cheese and phyllo.
- Fry the phyllo and cheese packages, 2 or 3 at a time, in the oil until golden, about 2 minutes per side.
- Drain on a baking sheet lined with paper towels.
- Meanwhile, heat the figs and honey in a small saucepan over low heat until the honey is warm. Set aside until the cheese packages have finished frying.
- To serve, place 1 cheese package on a plate. Spoon some figs and drizzle some honey over the top of each cheese package.
- Sprinkle with black sesame seeds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.55, Glycemic Load:28.42, Inflammation Score:-3, Nutrition Score:8.8486956435701%

Nutrients (% of daily need)

Calories: 395.28kcal (19.76%), Fat: 11.12g (17.11%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 69.92g (23.31%), Net Carbohydrates: 65.65g (23.87%), Sugar: 53.22g (59.14%), Cholesterol: 22.4mg (7.47%), Sodium: 275.11mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Calcium: 218.78mg (21.88%), Manganese: 0.35mg (17.51%), Fiber: 4.27g (17.07%), Phosphorus: 147.92mg (14.79%), Selenium: 10.16µg (14.51%), Vitamin K: 12.17µg (11.59%), Vitamin B2: 0.19mg (11.45%), Vitamin B12: 0.65µg (10.77%), Iron: 1.83mg (10.14%), Vitamin B1: 0.15mg (10.09%), Magnesium: 38.58mg (9.65%), Copper: 0.19mg (9.34%), Potassium: 319.36mg (9.12%), Zinc: 1.34mg (8.94%), Folate: 23.92µg (5.98%), Vitamin B3: 1.13mg (5.67%), Vitamin A: 195.51IU (3.91%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.44mg (2.91%)