



Date and Walnut Phyllo Rolls with Greek Yogurt and Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

Ingredients

- ☐ 3 tablespoons honey
- ☐ 1.5 cups medjool dates pitted
- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 cup nonfat greek yogurt
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.5 cup walnuts toasted
- ☐ 0.5 teaspoon cardamom with pestle finely (from 10 pods)

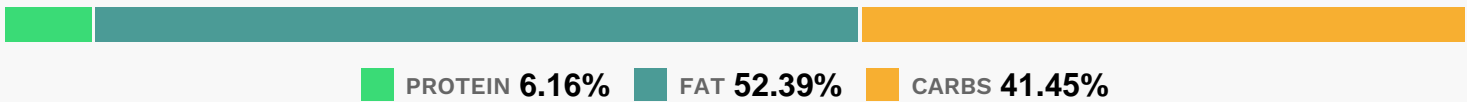
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Combine dates, walnuts, 3 tablespoons honey, orange peel, and cardamom in processor. Blend until paste forms.
- ☐ Preheat oven to 375°F. Line rimmed baking sheet with parchment. If using 17 1/2x12 1/2-inch phyllo sheets, place stack of 8 phyllo sheets on work surface. Halve stack crosswise, forming 16 sheets, each 12 1/2x8 3/4 inches; arrange in 1 stack. Or if using 13 1/2x8 1/2-inch phyllo sheets, stack 16 sheets on work surface. Cover phyllo stack with plastic wrap, then damp kitchen towel.
- ☐ Remove 1 phyllo sheet from stack and place on work surface; brush with melted butter. Top with second sheet; brush with butter. Starting 1 inch from edge at short end of phyllo, spoon 3 tablespoons date mixture in dollops in row parallel to edge. Mold date mixture into log, leaving 1/2-inch border at edges of phyllo.
- ☐ Roll up date log in phyllo, enclosing filling and forming roll (filling will be exposed at ends).
- ☐ Transfer to baking sheet; brush with butter. Repeat with remaining phyllo, butter, and date mixture.
- ☐ Bake until golden, about 23 minutes. Cool on baking sheet.
- ☐ Spoon yogurt into small bowl (or 8 individual bowls); drizzle remaining 1/4 cup honey over yogurt.
- ☐ Place 1 phyllo roll on each of 8 plates.
- ☐ Serve with honey-yogurt for dipping.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:5.343913052393%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 265.72kcal (13.29%), Fat: 16.42g (25.26%), Saturated Fat: 7.76g (48.53%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 26.81g (9.75%), Sugar: 25.8g (28.67%), Cholesterol: 31.75mg (10.58%), Sodium: 11.33mg (0.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Manganese: 0.38mg (18.77%), Copper: 0.23mg (11.31%), Fiber: 2.41g (9.66%), Phosphorus: 80.39mg (8.04%), Vitamin A: 399.13IU (7.98%), Potassium: 268.76mg (7.68%), Magnesium: 29.97mg (7.49%), Vitamin B6: 0.13mg (6.35%), Vitamin B2: 0.11mg (6.24%), Calcium: 57.31mg (5.73%), Selenium: 3.04µg (4.34%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.52mg (3.47%), Folate: 13.71µg (3.43%), Vitamin B12: 0.2µg (3.32%), Vitamin B1: 0.05mg (3.03%), Vitamin B3: 0.6mg (2.99%), Iron: 0.53mg (2.97%), Vitamin E: 0.38mg (2.56%), Vitamin K: 1.93µg (1.84%), Vitamin D: 0.21µg (1.42%)