



Embezzler's Purses

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces feta cheese crumbled finely
- ☐ 8 green onion tops
- ☐ 1 Dash ground cinnamon
- ☐ 0.8 pound pd of ground turkey
- ☐ 2 teaspoons olive oil
- ☐ 1 Dash paprika
- ☐ 4 sheets phyllo dough frozen thawed
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.3 teaspoon salt
- ☐ 4 cups d spinach fresh
- ☐ 4 teaspoons stick margarine divided melted

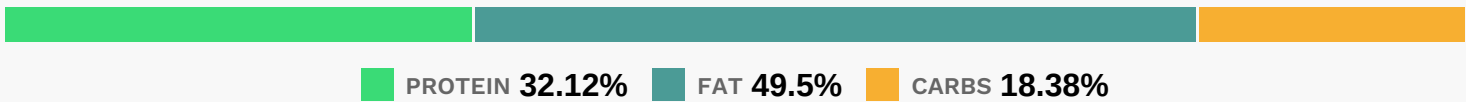
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 37
- ☐ Cook onion tops in boiling water 2 minutes.
- ☐ Drain and plunge into ice water; drain.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat. Saut turkey 5 minutes or until done.
- ☐ Add spinach; cook until spinach wilts. Stir in cheese and next 5 ingredients (cheese through cinnamon); remove from heat.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying); lightly brush with 2 teaspoons butter. Top with a second phyllo sheet; cut into 4 squares. Spoon 1/3 cup turkey mixture in center of each square. Gather 4 corners of phyllo and crimp to seal, forming a purse. Tie 1 green onion strip around top of each purse. Repeat with remaining phyllo, butter, turkey mixture, and green onion strips.
- ☐ Place purses on a baking sheet, and bake at 375 for 8 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:15.336521703264%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 157.56kcal (7.88%), Fat: 8.88g (13.66%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.35g (2.31%), Sugar: 0.52g (0.57%), Cholesterol: 29.7mg (9.9%), Sodium: 258.19mg (11.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.93%), Vitamin K: 100.68µg (95.89%), Vitamin A: 1662.97IU (33.26%), Manganese: 0.61mg (30.25%), Vitamin B3: 4.95mg (24.73%), Vitamin B6: 0.44mg (21.94%), Selenium: 12.93µg (18.48%), Phosphorus: 164.37mg (16.44%), Folate: 52.29µg (13.07%), Vitamin B2: 0.19mg (10.92%), Magnesium: 40.22mg (10.06%), Zinc: 1.4mg (9.34%), Iron: 1.52mg (8.45%), Vitamin B1: 0.12mg (8.18%), Potassium: 281.59mg (8.05%), Vitamin C: 6.51mg (7.9%), Vitamin E: 1.04mg (6.95%), Calcium: 63.78mg (6.38%), Copper: 0.12mg (6.15%), Vitamin B12: 0.34µg (5.65%), Vitamin B5: 0.51mg (5.07%), Fiber: 1.07g (4.26%), Vitamin D: 0.2µg (1.32%)