

# Fig Phyllo Breakfast Stacks

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



401 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 tablespoons almonds sliced
- 12 large figs stemmed sliced (or 18 medium)
- 24 ounces greek yogurt
- 6 teaspoons honey
- 13 inch sheets dough
- 3 teaspoons sugar
- 8 tablespoons butter unsalted melted

## Equipment

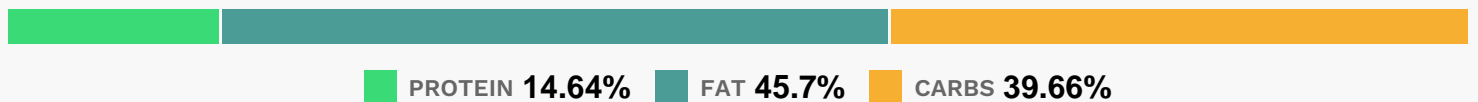
baking sheet

oven

## Directions

- Adjust oven racks to middle and lower positions and preheat oven to 400°F. Lightly grease 2 baking sheets with butter.
- On the first baking sheet, lay down one piece phyllo dough.
- Brush dough all over with butter and top with another sheet of phyllo.
- Brush this sheet all over with butter and sprinkle with 1/2 teaspoon sugar and 1 tablespoon sliced almonds. Cover with a sheet of phyllo, brush with butter.
- Add a sheet of phyllo, brush with butter, sprinkle with 1/2 teaspoon sugar and 1 tablespoon of almonds. Top with another piece of phyllo, brush all over with butter. Top with a final sheet of phyllo, brush it with butter, and sprinkle with 1/2 teaspoon sugar and 1 tablespoon sliced almonds. Stack should be 6 sheets deep, with every other layer sprinkled with sugar and almonds. Repeat this process on second baking sheet.
- Bake phyllo until golden, about 6 minutes.
- Let phyllo stacks cool.
- Cut each stack into 6 squares.
- Place one stack on each of six plates.
- Spread each stack with 4 ounces of yogurt. Divide figs among stacks. Top each plate with another stack of phyllo.
- Drizzle each stack with 1 teaspoon of honey.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:38.56, Glycemic Load:18.28, Inflammation Score:-6, Nutrition Score:12.836086983266%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

## Nutrients (% of daily need)

Calories: 401.07kcal (20.05%), Fat: 21.27g (32.72%), Saturated Fat: 10.25g (64.06%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 36.45g (13.25%), Sugar: 32.77g (36.41%), Cholesterol: 45.8mg (15.27%), Sodium: 71.14mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.66%), Vitamin B2: 0.52mg (30.87%), Phosphorus: 229.13mg (22.91%), Manganese: 0.44mg (21.76%), Vitamin E: 3.15mg (21%), Fiber: 5.08g (20.32%), Calcium: 203.1mg (20.31%), Selenium: 13.43µg (19.18%), Magnesium: 62.57mg (15.64%), Potassium: 542.38mg (15.5%), Vitamin B12: 0.83µg (13.76%), Vitamin A: 652.88IU (13.06%), Vitamin B6: 0.23mg (11.74%), Copper: 0.22mg (11.15%), Vitamin B1: 0.15mg (10.2%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.16mg (7.76%), Vitamin K: 7.46µg (7.11%), Vitamin B3: 1.35mg (6.77%), Folate: 25.56µg (6.39%), Iron: 1.13mg (6.3%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.28µg (1.87%)