



## Fillo Cups with Italian Sausage, Pine Nuts & Yellow Bell Pepper

READY IN



45 min.

SERVINGS



48

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup & bell pepper yellow cored seeded finely chopped
- ☐ 4 tablespoon chives minced plus more as garnish
- ☐ 3 ounce feta cheese crumbled
- ☐ 4 sheets fillo dough
- ☐ 2 clove garlic minced
- ☐ 0.5 pound sausage italian crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup onion finely chopped

- ☐ 1 teaspoon oregano dried
- ☐ 0.1 teaspoon freshly cracked pepper black
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 tablespoon butter unsalted melted
- ☐ 1 tablespoon vegetable oil

## Equipment

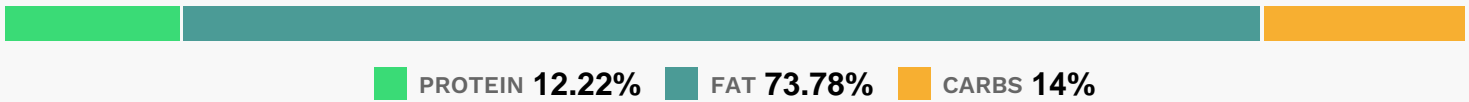
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ muffin tray

## Directions

- ☐ Place the oven rack in the center position.
- ☐ Heat the oven to 375 degrees F.
- ☐ Lay the fillo sheets flat on a cutting in front of you; all 4 stacked on top each other. Using a very sharp knife and a straight edge, trim them together as a group into a 12 x 16-inches rectangle. Discard trimmings. Then cut the stacked sheets into 48 two-inch squares, four layers thick. Leave them in place, cover them completely with plastic wrap topped with a barely damp dish towel. Pull out only as many squares as you can work with to keep them from drying out.
- ☐ Brush the bottom and side of each opening of four 12 portion mini-muffin tins. Mold one 2-inch square of fillo into the bottom of each opening of the tins.
- ☐ Brush with butter and repeat three more times, using all 192 two-inch squares. Don't worry if the tear or fold while you work. They will form a solid cup once baked. You may work in batches if you only have 1 or 2 muffin tins.
- ☐ Bake in the heated oven until crisp and lightly golden, about 5 minutes.

- ☐ Let cool on a rack before removing the fillo cups from the tins.The fillo cups may be prepared up to 3 days in advance, stored in an airtight container at room temperature.Prepare the filling: Warm the oil in a medium heavy bottomed or cast iron skillet set over medium heat.
- ☐ Add the onions, bell pepper, garlic, ¼ teaspoon salt and 1/8 teaspoon pepper. Cook until the onions have softened some, about 4 minutes.
- ☐ Add the crumbled sausage and oregano to the skillet. Cook, breaking the meat up with a wooden spoon, until it is browned and crumbly, about 10 minutes.
- ☐ Remove from heat.
- ☐ Add the pine nuts, red pepper flakes, 2 tablespoons minced chives and the remaining ¼ teaspoon salt. Stir to combine.The filling may be prepared the day before. In which case do not add the 2 tablespoons chives or final ¼ teaspoon salt. At assembly time gently reheat the sausage mixture with a teaspoon of water.
- ☐ Place a heaping teaspoon of the sausage filling into each fillo cup. Top with a bit of feta, and a more chives.
- ☐ Serve warm.NOTE: You may also fill the cups without the feta and chive garnish up to 1 hour in advance. Then warm them in a 300 degree oven for 5 minutes. Top with the feta and chive garnish right before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.83, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:1.4413043616906%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 38.7kcal (1.93%), Fat: 3.2g (4.93%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.11g (0.12%), Cholesterol: 6.42mg (2.14%), Sodium: 87mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Manganese: 0.08mg (4.13%), Vitamin C: 3.26mg (3.95%), Vitamin B1: 0.04mg (2.83%), Selenium: 1.85µg (2.65%), Phosphorus: 19.34mg (1.93%), Vitamin B2: 0.03mg (1.86%), Vitamin K: 1.83µg (1.74%), Vitamin B6: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.44%), Zinc: 0.2mg (1.33%), Vitamin B12:

0.07µg (1.23%), Calcium: 11.76mg (1.18%), Iron: 0.19mg (1.07%)