



Goat Cheese and Red Pepper Phyllo Triangles with Olive Frisée Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 8 cups frisée
- ☐ 0.7 cup mild goat cheese soft
- ☐ 2 tablespoons kalamata black pitted chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.7 cup bottled peppers red dry rinsed drained finely chopped (7-ounce jar)

- ☐ 12 inch sheets phyllo frozen thawed (17- by 12-inch)
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted melted

Equipment

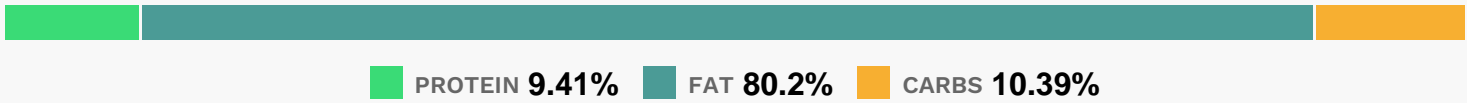
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Cover phyllo stack with 2 overlapping sheets of plastic wrap and then a damp clean kitchen towel. Arrange 1 phyllo sheet on a work surface with a long side nearest you (keep remaining sheets covered) and brush with some butter. Top with 2 more phyllo sheets, brushing each with butter.
- ☐ Cut buttered phyllo stack crosswise into 5 (12- by 3 1/3-inch) strips.
- ☐ Put 2 teaspoons red peppers and 2 teaspoons goat cheese near 1 corner of a strip and fold corner of phyllo over to enclose filling and form a triangle. Continue folding strip (like a flag), maintaining triangular shape. Put triangle, seam side down, on a baking sheet and cover with plastic wrap. Make 14 more triangles in same manner, using remaining phyllo and filling (you may have a little butter left over).
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then fry triangles in 2 batches until golden, about 1 minute per side.
- ☐ Transfer with tongs to paper towels to drain.
- ☐ Whisk together vinegar, mustard, and salt in a large bowl, then add oil in a slow stream, whisking until emulsified.

Add frisée and olives and toss with dressing, then season with pepper. Mound salad on plates and arrange phyllo triangles alongside.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:23.325217319571%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 404.1kcal (20.21%), Fat: 36.96g (56.86%), Saturated Fat: 18.03g (112.71%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 6.02g (2.19%), Sugar: 2.3g (2.55%), Cholesterol: 62.55mg (20.85%), Sodium: 446.71mg (19.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Vitamin K: 308.17µg (293.5%), Vitamin A: 6741.1IU (134.82%), Vitamin C: 43.97mg (53.3%), Folate: 124.57µg (31.14%), Vitamin E: 4.58mg (30.55%), Copper: 0.61mg (30.31%), Manganese: 0.55mg (27.25%), Fiber: 4.75g (19.01%), Vitamin B2: 0.28mg (16.76%), Calcium: 165.47mg (16.55%), Phosphorus: 161.85mg (16.18%), Vitamin B5: 1.49mg (14.92%), Potassium: 492.14mg (14.06%), Vitamin B6: 0.26mg (13.01%), Iron: 2.08mg (11.56%), Magnesium: 41.62mg (10.41%), Vitamin B1: 0.15mg (9.74%), Zinc: 0.87mg (5.8%), Vitamin B3: 1.12mg (5.59%), Selenium: 3.81µg (5.44%), Vitamin D: 0.47µg (3.11%), Vitamin B12: 0.11µg (1.79%)