



## Goat Cheese Wrapped in Phyllo

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 1 teaspoon thyme leaves fresh chopped
- 3 ounce goat cheese log crumbled
- 0.3 cup honey
- 1 tablespoon butter light
- 4 sheets phyllo frozen thawed
- 1 teaspoon sugar
- 6 servings garnish: thyme sprigs fresh

4 small onions white chopped

## Equipment

frying pan

baking sheet

oven

## Directions

Melt butter in a large nonstick skillet over medium heat; add onion and sugar, and cook, stirring often, 30 minutes or until caramel colored.

Add vinegar and honey, and cook over medium heat, stirring occasionally, 15 to 20 minutes or until thickened. Stir in thyme.

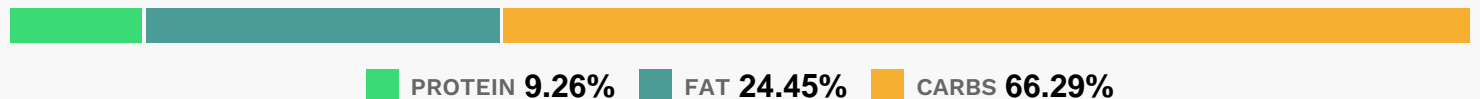
Stack phyllo, coating each layer with cooking spray.

Cut into 6 (5-inch) squares. Spoon onion mixture evenly onto center of phyllo squares. Top evenly with goat cheese. Lift corners, and twist together.

Place packets on a lightly greased baking sheet; coat each with cooking spray.

Bake at 375 for 12 minutes or until golden; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:54.56, Glycemic Load:13.83, Inflammation Score:-8, Nutrition Score:4.3730434697607%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

## Nutrients (% of daily need)

Calories: 185.47kcal (9.27%), Fat: 5.1g (7.85%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 29.89g (10.87%), Sugar: 21.43g (23.81%), Cholesterol: 8.99mg (3%), Sodium: 121.82mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Manganese: 0.2mg (10.03%), Copper: 0.15mg (7.73%), Vitamin B2: 0.12mg (7.34%), Iron: 1.26mg (7.02%), Vitamin C: 5.68mg (6.89%), Vitamin B1: 0.1mg (6.72%), Phosphorus: 66.32mg (6.63%), Folate: 22.71µg (5.68%), Selenium: 3.76µg (5.37%), Vitamin B6: 0.1mg (5.23%), Fiber: 1.26g (5.03%), Vitamin A: 250.33IU (5.01%), Calcium: 45.37mg (4.54%), Potassium: 124.58mg (3.56%), Magnesium: 14.01mg (3.5%), Vitamin B3: 0.68mg (3.39%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.21mg (2.1%)