



Grecian Cheese Points

READY IN



45 min.

SERVINGS



18

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large eggs
- 4 oz feta cheese plain crumbled
- 6 sheets filo dough (12 by 17 in.)
- 3 oz gruyère cheese shredded
- 3 ounces cream cheese light (cream)
- 2 tablespoons parsley chopped

Equipment

- baking sheet

- oven
- plastic wrap

Directions

- Mix neufchâtel, feta, gruyère, egg, and parsley.
- Stack filo sheets neatly. From a narrow side, cut filo stack into 3 equal strips. Lift 1 strip from stack and lay flat; cover remaining pieces with plastic wrap to prevent drying. Mist the single strip lightly with cooking oil spray.
- Place 1 tablespoon of the cheese mixture on one end of strip. Bring a corner end of filo strip over filling to meet opposite edge of filo, forming a triangle, then continue to fold as a triangle (like a flag) until the whole strip is wrapped around filling. As shaped, keep filled triangles covered with plastic wrap. Repeat to use remaining cheese and filo.
- Place triangles, loose ends beneath, well apart on a nonstick baking sheet. Mist triangles lightly with cooking oil spray. If making ahead, freeze solid, then package airtight.
- Bake in a 375 oven until golden, 12 to 14 minutes (20 minutes, if frozen).
- Serve hot or warm.

Nutrition Facts

PROTEIN 20.42% **FAT 56.01%** **CARBS 23.57%**

Properties

Glycemic Index:5.39, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:2.8821738984274%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 68.77kcal (3.44%), Fat: 4.25g (6.54%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.32g (0.35%), Cholesterol: 23.69mg (7.9%), Sodium: 157.3mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Calcium: 88.64mg (8.86%), Vitamin K: 7.75µg (7.38%), Phosphorus: 67.51mg (6.75%), Vitamin B2: 0.11mg (6.46%), Selenium: 4.15µg (5.93%), Vitamin B12: 0.25µg (4.17%), Vitamin B1: 0.05mg (3.35%), Zinc: 0.46mg (3.1%), Vitamin A: 149.9IU (3%), Folate: 10.94µg (2.74%), Vitamin B6: 0.04mg (1.98%), Vitamin B5: 0.19mg (1.91%), Iron: 0.34mg (1.87%), Manganese: 0.03mg (1.74%), Vitamin B3:

0.34mg (1.7%), Magnesium: 4.78mg (1.2%)