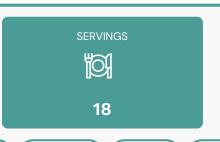


# **Grecian Cheese Points**







ANTIPASTI

STARTER

SNACK

**APPETIZER** 

## Ingredients

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 neufchtel, feta, gruyre, 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 <b>20.42%</b> FAT <b>56.01%</b> CARBS <b>23.57%</b>
	FROTEIN 20.42/0 FAT 30.01/0 CARDS 23.31/0

### **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: Og (100%), Alcohol %: O% (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%)