



Greek Olive Cups

READY IN



45 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup kalamata olives pitted chopped
- 2.5 tablespoons mayonnaise
- 0.3 cup pecans toasted chopped
- 4.2 oz athens phyllo shells frozen mini
- 0.5 cup pimiento stuffed olives green chopped
- 0.3 cup pinenuts toasted
- 1.5 cups cheddar cheese shredded divided

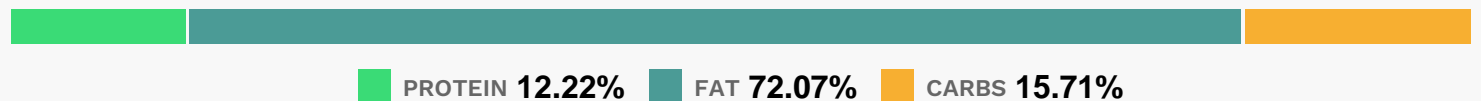
Equipment

- bowl
- baking sheet
- oven

Directions

- Combine one cup cheese and next 5 ingredients in a medium bowl.
- Remove phyllo shells from packages, leaving them in trays.
- Spoon one heaping teaspoon of olive mixture into each phyllo shell; sprinkle evenly with the remaining 1/2 cup cheese.
- Remove from trays and place cups on an ungreased baking sheet.
- Bake at 375 for 12 to 15 minutes or until thoroughly heated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.8047825971861%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 68.98kcal (3.45%), Fat: 5.85g (9%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.15g (0.16%), Cholesterol: 6.14mg (2.05%), Sodium: 122.84mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.18mg (9.11%), Calcium: 43.39mg (4.34%), Phosphorus: 37.97mg (3.8%), Vitamin K: 2.95µg (2.81%), Vitamin E: 0.41mg (2.72%), Selenium: 1.72µg (2.46%), Zinc: 0.36mg (2.38%), Copper: 0.04mg (2.02%), Magnesium: 7.13mg (1.78%), Vitamin B2: 0.03mg (1.78%), Vitamin A: 76.11IU (1.52%), Fiber: 0.31g (1.24%), Vitamin B1: 0.02mg (1.03%), Vitamin B12: 0.06µg (1.02%)