



Guava and Manchego Phyllo Pouches with Passion Fruit Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.8 teaspoon cayenne pepper
- ☐ 1 tablespoon ground cinnamon
- ☐ 6 servings passion fruit syrup
- ☐ 8 inch sheets x8-inch phyllo pastry or fresh frozen thawed
- ☐ 9 tablespoons sugar
- ☐ 0.5 cup butter unsalted melted (1 stick)

☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Toss first 4 ingredients in medium bowl to combine. Cover filling and chill until ready to use, up to 1 day.
- ☐ Stir sugar, cinnamon, and cayenne pepper in small bowl.
- ☐ Place 1 phyllo sheet on work surface; keep remaining sheets covered with plastic wrap and damp towel to prevent drying.
- ☐ Brush phyllo with butter and sprinkle with 1 1/2 teaspoons sugar mixture. Repeat 2 more times to make 3 layers.
- ☐ Cut rectangle in half crosswise, making two 6x8-inch stacks.
- ☐ Place scant 1/3 cup guava filling in center of each stack. Gather sheets around filling to form pouch.
- ☐ Brush pouches with butter.
- ☐ Transfer to small baking sheet. Repeat with remaining ingredients to make 6 pouches total.
- ☐ Sprinkle with some of remaining sugar mixture. (Can be made 1 day ahead. Cover with plastic and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake phyllo pouches uncovered until golden brown and filling is heated through, about 20 minutes.
- ☐ Transfer to plates. Spoon syrup alongside; serve phyllo pouches warm.
- ☐ *A firm block of concentrated fruit available at some supermarkets, at Latin markets, and at cafecubano.com.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:13.37, Inflammation Score:-4, Nutrition Score:4.6252173496329%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 265.47kcal (13.27%), Fat: 19.5g (29.99%), Saturated Fat: 10.07g (62.95%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 20.97g (7.62%), Sugar: 18.52g (20.58%), Cholesterol: 40.67mg (13.56%), Sodium: 19.21mg (0.84%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 2.13g (4.26%), Manganese: 0.43mg (21.57%), Vitamin E: 2.51mg (16.73%), Vitamin A: 593.48IU (11.87%), Fiber: 1.9g (7.61%), Vitamin B2: 0.11mg (6.66%), Magnesium: 23.1mg (5.77%), Copper: 0.09mg (4.66%), Phosphorus: 46.24mg (4.62%), Calcium: 39.6mg (3.96%), Iron: 0.55mg (3.07%), Vitamin B1: 0.04mg (2.41%), Vitamin B3: 0.48mg (2.4%), Potassium: 78.36mg (2.24%), Selenium: 1.47µg (2.1%), Zinc: 0.31mg (2.04%), Vitamin K: 2.03µg (1.94%), Vitamin D: 0.28µg (1.89%), Folate: 7.41µg (1.85%), Vitamin B6: 0.02mg (1.07%)