



Honey-Nut Phyllo Slices

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 Dash ground cloves
- ☐ 0.1 teaspoon ground allspice
- ☐ 2 tablespoons honey divided
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 3 sheets commercial phyllo pastry frozen thawed
- ☐ 0.1 teaspoon vanilla extract
- ☐ 2 teaspoons ground walnuts

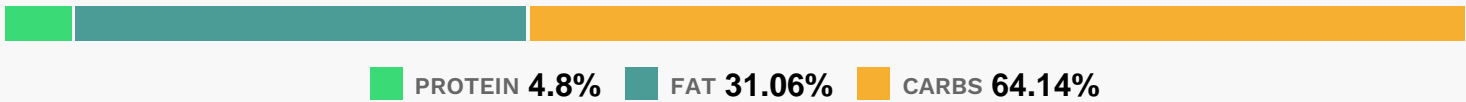
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wax paper

Directions

- ☐ Combine 1 1/2 tablespoons honey, margarine, allspice, and cloves in a small saucepan. Cook over low heat until margarine melts.
- ☐ Remove from heat; stir in vanilla.
- ☐ Cut each phyllo sheet in half crosswise.
- ☐ Place 1 half-sheet of phyllo on wax paper (keeping remaining phyllo covered). Lightly coat phyllo with cooking spray.
- ☐ Place another half-sheet of phyllo over first sheet; coat with cooking spray.
- ☐ Brush about 2 teaspoons honey mixture over phyllo. Repeat layers twice.
- ☐ Sprinkle top layer with walnuts, leaving a 1-inch margin on long sides.
- ☐ Roll up phyllo, jellyroll fashion, starting with long side.
- ☐ Place, seam side down, on a baking sheet coated with cooking spray.
- ☐ Brush remaining honey mixture over phyllo.
- ☐ Cut diagonally into 4 slices.
- ☐ Bake at 300 for 30 minutes.
- ☐ Drizzle remaining 1/2 tablespoon honey evenly over warm phyllo slices.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:7.28, Inflammation Score:-1, Nutrition Score:2.1604347915753%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 100.25kcal (5.01%), Fat: 3.56g (5.47%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 16.07g (5.85%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 93.59mg (4.07%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.24g (2.47%), Manganese: 0.26mg (13.14%), Vitamin B1: 0.08mg (5.41%), Selenium: 3.47µg (4.96%), Folate: 13.84µg (3.46%), Vitamin B2: 0.06mg (3.28%), Iron: 0.56mg (3.14%), Vitamin B3: 0.61mg (3.06%), Fiber: 0.46g (1.83%), Vitamin A: 90.36IU (1.81%), Copper: 0.04mg (1.77%), Phosphorus: 15.48mg (1.55%), Magnesium: 4.75mg (1.19%)