



## Make-Ahead Spinach Phyllo Roll-Ups from PHILADELPHIA®

 Vegetarian

READY IN



55 min.

SERVINGS



5

CALORIES



420 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter melted
- 1 eggs beaten
- 1 cup athenos feta cheese crumbled traditional
- 10 ounce pkt spinach frozen thawed drained chopped well
- 4 green onions finely chopped
- 8 ounce philadelphia garden vegetable
- 15 sheets phyllo dough frozen thawed (14x9)

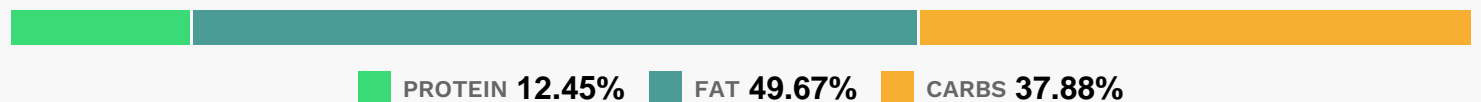
## Equipment

- baking sheet
- oven
- plastic wrap
- ziploc bags
- cutting board
- serrated knife

## Directions

- Mix first 5 ingredients until well blended.
- Brush 1 phyllo sheet lightly with butter; top with 2 more phyllo sheets, lightly brushing each layer with some of the remaining butter.
- Place remaining phyllo between sheets of plastic wrap; set aside.
- Spread 1/5 of the spinach mixture along one short side of phyllo stack. Fold in long sides of phyllo; roll up from one short side to make log. Repeat with remaining phyllo sheets and spinach mixture.
- Brush with remaining butter. Make small cuts in tops of logs at 1-inch intervals.
- Place in large freezer-weight resealable plastic bags or wrap tightly in plastic wrap.
- Freeze up to 3 months. When ready to bake, remove desired number of logs from freezer. Refrigerate, tightly wrapped, several hours or overnight until thawed. Unwrap, then place on baking sheet.
- Bake in 375 degrees F oven for 25 min. or until golden brown. Cool 5 min.
- Transfer to cutting board. Use serrated knife to cut each log into 6 slices.

## Nutrition Facts



## Properties

Glycemic Index:38.4, Glycemic Load:13.38, Inflammation Score:-10, Nutrition Score:26.353478234747%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 419.56kcal (20.98%), Fat: 23.56g (36.24%), Saturated Fat: 12.95g (80.95%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 35.62g (12.95%), Sugar: 0.74g (0.82%), Cholesterol: 91.97mg (30.66%), Sodium: 791.93mg (34.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Vitamin K: 233.84µg (222.71%), Vitamin A: 9599.89IU (192%), Folate: 165.86µg (41.47%), Manganese: 0.81mg (40.37%), Vitamin B2: 0.67mg (39.19%), Selenium: 24.27µg (34.68%), Vitamin B1: 0.47mg (31.52%), Calcium: 254.12mg (25.41%), Phosphorus: 223mg (22.3%), Iron: 3.83mg (21.26%), Fiber: 4.79g (19.16%), Magnesium: 70.94mg (17.73%), Vitamin B3: 3.54mg (17.69%), Vitamin B6: 0.31mg (15.33%), Vitamin E: 2.24mg (14.93%), Zinc: 1.83mg (12.2%), Vitamin C: 9.64mg (11.69%), Potassium: 395.39mg (11.3%), Copper: 0.21mg (10.27%), Vitamin B12: 0.61µg (10.18%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.3µg (1.97%)