



Millefeuille of Fresh Figs and Ricotta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 16 figs black sliced
- ☐ 8 servings juice of lemon fresh
- ☐ 2 lemon zest
- ☐ 1.5 cups part-skim ricotta
- ☐ 4 sheets dough thawed
- ☐ 1 tablespoon pinenuts toasted

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons butter unsalted divided melted

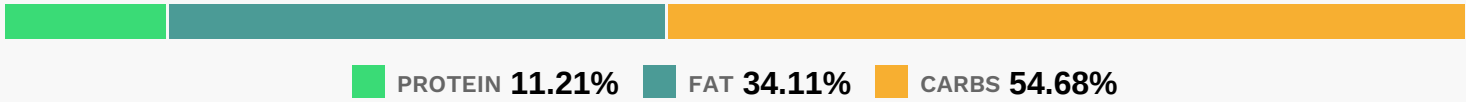
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 325°F.
- ☐ Brush a large, shallow baking sheet with some butter and lay 1 phyllo sheet on top. (Cover remaining phyllo with a damp cloth.)
- ☐ Brush phyllo with butter and sprinkle on 1 teaspoon sugar.
- ☐ Layer another phyllo sheet on top and press down. Repeat layering until you use all sheets, ending with 1 teaspoon sugar on top.
- ☐ Cut phyllo stack into 32 equal squares.
- ☐ Bake until squares are golden brown and crisp, 15 to 17 minutes.
- ☐ Place a dab of ricotta mix on a plate. Top with 1 phyllo square, 1 tbsp ricotta and fig slices. Repeat for a total of 4 layers.
- ☐ Sprinkle with black pepper.
- ☐ Drizzle plate with balsamic reduction and scatter pine nuts around. Repeat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:15.55, Inflammation Score:-5, Nutrition Score:8.1556521109913%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin:

1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 250.71kcal (12.54%), Fat: 9.71g (14.94%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 31.66g (11.51%), Sugar: 23.21g (25.79%), Cholesterol: 25.7mg (8.57%), Sodium: 113.22mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Calcium: 175.96mg (17.6%), Manganese: 0.34mg (17.22%), Selenium: 10.28µg (14.69%), Fiber: 3.36g (13.42%), Phosphorus: 122.26mg (12.23%), Vitamin C: 9.75mg (11.82%), Vitamin B2: 0.18mg (10.41%), Potassium: 360.79mg (10.31%), Vitamin A: 454.32IU (9.09%), Vitamin B1: 0.13mg (8.71%), Magnesium: 33.76mg (8.44%), Vitamin B6: 0.14mg (6.81%), Iron: 1.21mg (6.74%), Copper: 0.13mg (6.31%), Zinc: 0.94mg (6.29%), Vitamin K: 6.47µg (6.16%), Folate: 24.2µg (6.05%), Vitamin B5: 0.48mg (4.77%), Vitamin B3: 0.9mg (4.51%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.14µg (2.4%)