

## Phyllo Cups

READY IN



35 min.

SERVINGS



12

CALORIES



52 kcal

SIDE DISH

### Ingredients

- 6 sheets athens phyllo shells (13-by-17-inch)
- 6 tablespoons butter unsalted melted ()

### Equipment

- frying pan
- paper towels
- oven
- knife
- wire rack

- plastic wrap
- muffin tray
- cutting board

## Directions

- Heat the oven to 425°F and arrange a rack in the middle. Arrange a sheet of phyllo on a large cutting board (be sure to cover the remaining phyllo sheets with a slightly damp paper towel or plastic wrap) and brush the top with melted butter. Arrange another sheet on top of the first sheet and repeat, alternating butter and phyllo, until there are 6 layers.
- Brush the top layer with butter. Using a sharp knife, cut the phyllo into 12 approximately 4-by-4-inch squares. Fit 1 square snugly into each well of a 12-well muffin pan, gently pressing the phyllo into the bottom and up the sides of each well.
- Bake until the dough is lightly browned and crispy, about 10 minutes.
- Remove the pan from the oven and let it cool on a wire rack. When the cups are cool, remove them from the pan and set aside. The cups can be stored at room temperature in an airtight container for up to 2 days.

## Nutrition Facts

**PROTEIN 0.97%** **FAT 96.92%** **CARBS 2.11%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.3004347840729%

## Nutrients (% of daily need)

Calories: 51.92kcal (2.6%), Fat: 5.75g (8.84%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0g (0%), Cholesterol: 15.05mg (5.02%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin A: 174.93IU (3.5%), Vitamin E: 0.16mg (1.08%)