



Phyllo Flowers with Sorbet and Blueberries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blueberries fresh
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons cornstarch
- ☐ 1 pinch nutmeg
- ☐ 8 sheets phyllo dough thawed (9" x 14")
- ☐ 1 pint raspberry sorbet
- ☐ 0.3 cup sugar plus 1 tablespoon sugar divided

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Heat oven to 350°.
- ☐ Brush 1 sheet phyllo lightly with butter and sprinkle a pinch of sugar around border; gather edges and place in muffin pan cup, lining bottom and sides. Repeat with remaining sheets.
- ☐ Bake until crisp, 7 to 8 minutes.
- ☐ Let rest in pan 2 to 3 minutes; transfer cups to a wire rack and cool. In a saucepan, boil thawed blueberries, cornstarch, remaining 1/3 cup sugar and nutmeg. Cook until syrupy, stirring occasionally, 5 minutes.
- ☐ Remove from heat; mash berries lightly and cool, 15 minutes. Stir in fresh berries. Assemble flowers: Fill each cup with 1/4 cup sorbet and top with berry mixture.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:12.37, Inflammation Score:-3, Nutrition Score:4.2960869919347%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin:

4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 223.61kcal (11.18%), Fat: 4.54g (6.99%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 40.25g (14.64%), Sugar: 25.52g (28.35%), Cholesterol: 7.53mg (2.51%), Sodium: 154.64mg (6.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Manganese: 0.29mg (14.67%), Fiber: 2.93g (11.74%), Vitamin K: 12.14µg (11.56%), Vitamin B1: 0.13mg (8.35%), Vitamin C: 5.74mg (6.96%), Selenium: 4.59µg (6.55%), Vitamin B2: 0.09mg (5.4%), Vitamin B3: 1.02mg (5.12%), Folate: 20.47µg (5.12%), Iron: 0.79mg (4.37%), Vitamin E: 0.43mg (2.89%), Copper: 0.05mg (2.75%), Vitamin A: 119.53IU (2.39%), Phosphorus: 22.52mg (2.25%), Vitamin B6: 0.04mg (1.84%), Potassium: 61.06mg (1.74%), Magnesium: 6.71mg (1.68%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.19mg (1.3%)