



## Phyllo Knishes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

SIDE DISH

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon alouette garlic & herbs spreadable cheese salt-free
- ☐ 2 tablespoons spring onion chopped
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 18 sheets dough frozen thawed ()
- ☐ 0.3 teaspoon salt
- ☐ 1 pound yukon gold potatoes peeled cut into 2-inch pieces

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ cutting board

## Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return potatoes to pan.
- ☐ Add sour cream, garlic and herb seasoning, salt, and pepper; mash mixture with a fork or potato masher until smooth. Stir in onions. Cool to room temperature.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying); layer with 2 additional phyllo sheets.
- ☐ Cut phyllo stack in half crosswise. Top each half with about 2 tablespoons potato mixture, leaving a 1/2-inch border.
- ☐ Roll up jelly-roll fashion, starting with short side. Tuck ends under; place rolls, seam sides down, on a baking sheet coated with cooking spray. Repeat with remaining phyllo and potato mixture to total 12 knishes. Lightly coat knish tops with cooking spray.
- ☐ Place knishes in an airtight container; freeze up to 3 months.
- ☐ Preheat oven to 40
- ☐ Place frozen knishes on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 25 minutes or until browned and crisp.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:15.48, Glycemic Load:10.34, Inflammation Score:-2, Nutrition Score:4.6969565262451%

## Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 118.13kcal (5.91%), Fat: 2.03g (3.12%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.44g (7.43%), Sugar: 0.37g (0.42%), Cholesterol: 0.92mg (0.31%), Sodium: 191.31mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin B1: 0.19mg (12.39%), Manganese: 0.2mg (9.89%), Selenium: 6.82µg (9.75%), Vitamin C: 7.65mg (9.28%), Folate: 31.99µg (8%), Vitamin B3: 1.57mg (7.83%), Iron: 1.23mg (6.82%), Vitamin B2: 0.11mg (6.62%), Vitamin B6: 0.12mg (6.06%), Fiber: 1.4g (5.62%), Potassium: 187.51mg (5.36%), Phosphorus: 44.74mg (4.47%), Copper: 0.07mg (3.55%), Vitamin K: 3.54µg (3.38%), Magnesium: 13.41mg (3.35%), Vitamin B5: 0.2mg (1.99%), Zinc: 0.26mg (1.76%), Calcium: 11.33mg (1.13%)