



Phyllo Nests with Strawberries and Honey

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons confectioners sugar
- ☐ 0.5 tablespoon granulated sugar
- ☐ 0.5 cup heavy cream chilled
- ☐ 2 teaspoons honey
- ☐ 1 pound phyllo frozen thawed (not)
- ☐ 8 strawberries cut into 1/4-inch slices
- ☐ 2 tablespoons butter unsalted melted

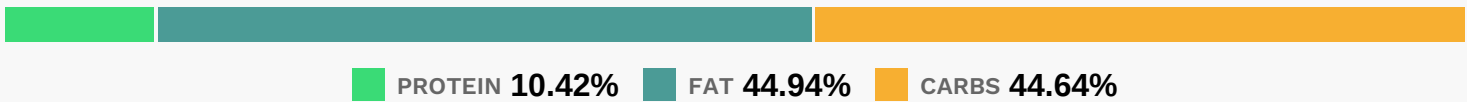
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Without unrolling phyllo log, cut 2 (3/8-inch-thick) slices crosswise from one end of log and thaw slices 5 minutes. (Save remaining frozen phyllo for another use.)
- ☐ Preheat oven to 375°F.
- ☐ Lightly brush a baking sheet with some of melted butter.
- ☐ Carefully unfurl slices from phyllo rolls on a work surface, discarding any plastic or paper rolled within. Gently separate strands, keeping them parallel, then gather into 4 groups, about 14 strands each. Cover 3 groups with plastic wrap. Gently hold one end of remaining (uncovered) group of strands and brush with some of melted butter, then dust with 1/2 teaspoon confectioners sugar using a fine-mesh sieve. Flip over and brush other side with butter and dust with confectioners sugar in same manner. Loosely coil up coated strands to form a small nest and put on baking sheet. Repeat with remaining clusters to form 3 more nests.
- ☐ Bake nests in middle of oven until golden, 8 to 10 minutes. Cool nests on sheet on a rack, 8 to 10 minutes.
- ☐ Beat cream with granulated sugar in a bowl with an electric mixer until it just holds soft peaks.
- ☐ Drizzle each phyllo nest all over with 1/4 teaspoon honey and put 1 tablespoon whipped cream in center. Top with strawberries and remaining cream, then drizzle each dessert with 1/4 teaspoon more honey.

Nutrition Facts



Properties

Glycemic Index:40.59, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:2.9678260865419%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 576.71kcal (28.84%), Fat: 32.25g (49.61%), Saturated Fat: 10.44g (65.26%), Carbohydrates: 72.07g (24.02%), Net Carbohydrates: 71.58g (26.03%), Sugar: 8.37g (9.3%), Cholesterol: 48.67mg (16.22%), Sodium: 245.11mg (10.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.83g (33.65%), Vitamin C: 14.31mg (17.34%), Vitamin A: 615.14IU (12.3%), Manganese: 0.1mg (4.81%), Vitamin D: 0.58µg (3.87%), Vitamin B2: 0.07mg (3.86%), Vitamin E: 0.51mg (3.37%), Calcium: 25.4mg (2.54%), Phosphorus: 24.83mg (2.48%), Potassium: 68.55mg (1.96%), Fiber: 0.49g (1.95%), Vitamin K: 1.97µg (1.88%), Folate: 7.23µg (1.81%), Selenium: 1.11µg (1.58%), Magnesium: 5.41mg (1.35%), Vitamin B5: 0.12mg (1.16%), Vitamin B6: 0.02mg (1.14%)