



Phyllo Pizza with Feta, Basil, and Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces feta cheese crumbled reduced-fat finely
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 2 ounces part-skim mozzarella shredded
- ☐ 10 sheets phyllo dough frozen thawed ()
- ☐ 2 cups plum tomatoes thinly sliced

☐ 0.3 teaspoon salt

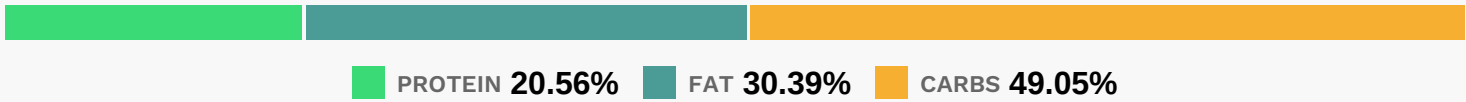
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a bowl.
- ☐ Cut phyllo sheets in half crosswise. Working with 1 phyllo sheet half at a time (cover remaining dough to keep from drying), place phyllo sheet on a baking sheet coated with cooking spray. Coat phyllo sheet with cooking spray. Repeat with 2 more layers of phyllo.
- ☐ Sprinkle with 2 tablespoons cheese mixture. Repeat layers 5 times, ending with 2 phyllo sheets. Coat top phyllo sheet with cooking spray; sprinkle with 2 tablespoons cheese mixture. Pat tomato slices with a paper towel. Arrange tomato slices on top of cheese, leaving a 1-inch border.
- ☐ Sprinkle with onions and the remaining 6 tablespoons cheese mixture.
- ☐ Bake at 375 for 20 minutes or until golden.
- ☐ Sprinkle with basil leaves.
- ☐ Wine note: A good wine for this dish won't overwhelm the delicate phyllo but will stand up to the salty cheeses and fresh basil. A favorite that fills the bill: Veramonte Sauvignon Blanc Reserva from the Casablanca Valley of Chile. The 2008 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:7.06, Inflammation Score:-8, Nutrition Score:9.3991304312063%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 175.97kcal (8.8%), Fat: 6.02g (9.26%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 19.78g (7.19%), Sugar: 2.78g (3.09%), Cholesterol: 14.32mg (4.77%), Sodium: 473.5mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Vitamin K: 28.15µg (26.81%), Vitamin A: 861.82IU (17.24%), Calcium: 160.53mg (16.05%), Manganese: 0.31mg (15.5%), Vitamin C: 12.05mg (14.6%), Selenium: 9.88µg (14.11%), Vitamin B1: 0.21mg (13.93%), Phosphorus: 123.14mg (12.31%), Folate: 47.09µg (11.77%), Vitamin B2: 0.18mg (10.41%), Iron: 1.71mg (9.52%), Vitamin B3: 1.86mg (9.29%), Fiber: 2.07g (8.29%), Potassium: 251.98mg (7.2%), Magnesium: 21.75mg (5.44%), Zinc: 0.73mg (4.89%), Vitamin B6: 0.1mg (4.86%), Copper: 0.1mg (4.84%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.13µg (2.24%), Vitamin B5: 0.21mg (2.09%)