



Phyllo Shells + Fig Jam

READY IN



45 min.

SERVINGS



15

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 servings pepper black freshly ground
- ☐ 0.3 cup let set min. spread
- ☐ 0.5 cup pepper goat cheese black
- ☐ 30 phyllo shells such as athen's (from 2 boxes) mini

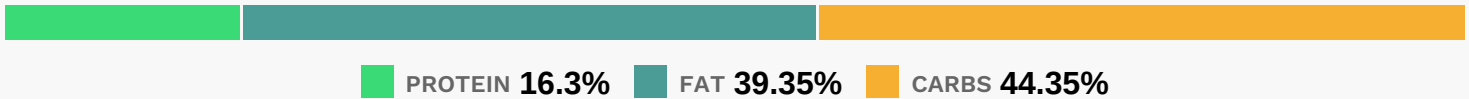
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 30
- ☐ Fill each of mini phyllo shells with 1 teaspoon black pepper goat cheese and 1/2 teaspoon fig jam; arrange on a baking sheet.
- ☐ Bake, in middle of oven, until cheese is melted (about 3 minutes).
- ☐ Sprinkle with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.74565217546795%

Nutrients (% of daily need)

Calories: 54.9kcal (2.74%), Fat: 2.57g (3.96%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.46g (2.35%), Sugar: 1.88g (2.09%), Cholesterol: 3.48mg (1.16%), Sodium: 43.62mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Copper: 0.06mg (3.02%), Phosphorus: 20.24mg (2.02%), Vitamin B2: 0.03mg (1.87%), Vitamin A: 78.71IU (1.57%), Calcium: 11.78mg (1.18%), Manganese: 0.02mg (1.09%)