



Phyllo Triangles with Onion Jam

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 ounces cheese blue (such as Maytag)
- 2 teaspoons butter
- 4 teaspoons butter melted
- 0.3 cup cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free
- 3 tablespoons chives fresh finely chopped
- 1.5 tablespoons thyme leaves fresh chopped
- 4 garlic cloves minced

- 4 cups onion vertically sliced
- 6 sheets phyllo dough frozen thawed ()
- 1 Dash salt
- 1 cup shallots thinly sliced
- 1 tablespoon sugar

Equipment

- frying pan
- baking sheet
- oven
- cutting board

Directions

- To prepare jam, heat 2 teaspoons butter in a large nonstick skillet over medium-high heat.
- Add onion, shallots, and sugar; saut 8 minutes or until onion is lightly browned.
- Add garlic, and saut 1 minute. Stir in wine and broth; cook for 5 minutes or until liquid evaporates.
- Remove from heat, and stir in cheese, chives, thyme, and salt.
- Preheat oven to 40
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining phyllo to prevent drying).
- Cut sheet in quarters lengthwise; lightly coat with cooking spray. Spoon 1 level tablespoon onion mixture onto 1 short end of each strip, leaving a 1-inch border. Fold 1 corner of edge with 1-inch border over mixture, forming a triangle; continue folding back and forth into a triangle to end of strip. Repeat procedure with remaining phyllo, cooking spray, and onion mixture.
- Place triangles, seam side down, on a baking sheet coated with cooking spray.
- Brush tops of triangles evenly with 4 teaspoons melted butter. Lightly coat tops with cooking spray.
- Bake at 400 for 11 minutes or until golden.

Nutrition Facts

PROTEIN 10.32% FAT 32.03% CARBS 57.65%

Properties

Glycemic Index:17.8, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:2.1586956755947%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 52.55kcal (2.63%), Fat: 1.86g (2.86%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.6g (2.4%), Sugar: 2.46g (2.74%), Cholesterol: 4.02mg (1.34%), Sodium: 65.16mg (2.83%), Alcohol: 0.26g (100%), Alcohol %: 0.64% (100%), Protein: 1.35g (2.7%), Manganese: 0.11mg (5.32%), Vitamin C: 3.84mg (4.65%), Vitamin B6: 0.08mg (4.01%), Fiber: 0.94g (3.76%), Folate: 13.93µg (3.48%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 26.52mg (2.65%), Potassium: 88.48mg (2.53%), Selenium: 1.76µg (2.51%), Iron: 0.43mg (2.41%), Calcium: 23.31mg (2.33%), Vitamin B2: 0.04mg (2.15%), Magnesium: 7.14mg (1.78%), Vitamin A: 82.84IU (1.66%), Copper: 0.03mg (1.48%), Vitamin B3: 0.29mg (1.46%), Vitamin K: 1.25µg (1.19%), Vitamin B5: 0.12mg (1.18%), Zinc: 0.18mg (1.17%)