



Sausage Phyllo Rolls

READY IN



55 min.

SERVINGS



8

CALORIES



161 kcal

Ingredients

- 6 ounce cremini mushrooms finely chopped
- 0.5 pound turkey sausage italian hot crumbled
- 2 ounces cream cheese at room temperature reduced-fat (Neufchatel)
- 0.5 cup cheddar shredded reduced-fat
- 1 tablespoon olive oil
- 1 onion finely chopped
- 9 sheets phyllo dough (9 by 14-inch)
- 0.5 teaspoon salt

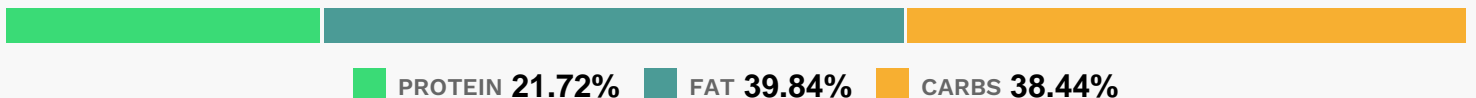
Equipment

- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- Preheat the oven to 375 degrees F. Spray a baking sheet with nonstick cooking spray and keep nearby.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the mushrooms, onion, and salt. Cook, stirring occasionally, over medium heat, until the mushroom mixture is very tender, about 8 minutes.
- Remove from the heat. Stir in the turkey, cream cheese, and Cheddar until well blended.
- Place 1 sheet of phyllo with the short side facing you on a work surface. (Cover remaining phyllo with plastic wrap to keep from drying out.) Spray the phyllo sheet with nonstick cooking spray. Then fold it in half lengthwise and spray again.
- Place 1 heaping tablespoon filling in the center of the bottom end of the phyllo. Fold in the sides, then roll up from the bottom to completely enclose the filling (it should look like an egg roll).
- Place the roll, seam-side down, on the baking sheet. Repeat with remaining phyllo sheets, nonstick cooking spray, and filling to make a total of 16 rolls.
- Spray the rolls generously with nonstick cooking spray and bake until the rolls until lightly golden, about 20 minutes.
- Food Network Kitchens created this lightened-up recipe from a user submission. [Click here to see the original recipe.](#)

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:4.4, Inflammation Score:-3, Nutrition Score:8.1939130801222%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 160.81kcal (8.04%), Fat: 7.13g (10.96%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.45g (5.25%), Sugar: 2.34g (2.6%), Cholesterol: 20.34mg (6.78%), Sodium: 582.19mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.49%), Selenium: 18.18µg (25.97%), Iron: 3.57mg (19.86%), Vitamin B2: 0.26mg (15.21%), Phosphorus: 142.94mg (14.29%), Vitamin B3: 2.75mg (13.74%), Vitamin C: 9.64mg (11.68%), Vitamin B1: 0.17mg (11.06%), Manganese: 0.17mg (8.5%), Copper: 0.17mg (8.43%), Vitamin B6: 0.16mg (8.03%), Folate: 31.13µg (7.78%), Zinc: 1.14mg (7.57%), Vitamin B5: 0.7mg (6.99%), Potassium: 209.21mg (5.98%), Calcium: 55.2mg (5.52%), Fiber: 1.02g (4.09%), Vitamin B12: 0.24µg (4.05%), Magnesium: 15.28mg (3.82%), Vitamin E: 0.3mg (1.98%), Vitamin A: 94.84IU (1.9%), Vitamin K: 1.76µg (1.68%)