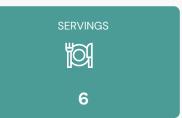


Sautéed Grape Napoleons with Port Reduction







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

	2 teaspoons butter
	1 ounce goat cheese softened
	2 teaspoons granulated suga

2 cups grapes green seedless

1 tablespoon honey

2 teaspoons juice of lemon fresh

9 sheets dough frozen thawed ()

0.8 cup port wine

	2 tablespoons powdered sugar divided
	1 cup grapes red seedless
	0.3 teaspoon salt divided
	2 tablespoons walnut pieces toasted chopped
Εq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	baking paper
	oven
	sieve
	cutting board
Diı	rections
	Preheat oven to 35
	Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying). Lightly coat dough with cooking spray.
	Place 2 tablespoons powdered sugar in a small sieve; dust phyllo lightly with powdered sugar. Repeat procedure with 2 phyllo sheets, cooking spray, and powdered sugar, ending with powdered sugar; press layers gently to adhere.
	Cut phyllo stack lengthwise into 3 (3 x 14inch) rectangles.
	Cut each rectangle crosswise into 4 (3 \times 3 1/2inch) rectangles to form 12 rectangles. Carefully stack 1 rectangle on top of another to form 6 stacks; press layers gently.
	Place stacks on a baking sheet lined with parchment paper. Repeat procedure with the remaining phyllo, cooking spray, and powdered sugar to form 18 stacks.
	Cover the phyllo stacks with parchment paper; place another baking sheet on parchment.
	Bake at 350 for 10 minutes or until stacks are golden and crisp. Carefully remove top baking sheet and parchment. Cool phyllo stacks completely on baking sheet.

Nutrition Facts
Sprinkle each serving with 1 teaspoon walnuts, and dust evenly with the remaining 2 teaspoons powdered sugar.
Drizzle 1 teaspoon port mixture onto each plate.
Place 1 phyllo stack on each of 6 plates, and top with 1 teaspoon cheese mixture and 1 tablespoon grape mixture. Repeat the layers once, ending with phyllo stack.
Combine cheeses in a small bowl, stirring well.
Remove from heat, and cool to room temperature.
Saute 10 minutes or until grapes are tender, stirring occasionally.
Add remaining 1/8 teaspoon salt, grapes, granulated sugar, and juice.
Melt butter in a nonstick skillet over medium-high heat.
Remove from heat; stir in honey and 1/8 teaspoon salt.
Bring port to a boil in a small saucepan over medium-high heat. Cook 10 minutes or until reduced to 1 1/2 tablespoons.

Properties

Glycemic Index:53.73, Glycemic Load:13.95, Inflammation Score:-4, Nutrition Score:6.2043478003015%

PROTEIN 6.9% FAT 24.44% CARBS 68.66%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.18mg, Pedunidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Pedunidin: 1.18mg, Pedu

Nutrients (% of daily need)

Calories: 258.05kcal (12.9%), Fat: 6.36g (9.78%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 38.76g (14.09%), Sugar: 21.07g (23.41%), Cholesterol: 5.76mg (1.92%), Sodium: 267.15mg (11.62%), Alcohol: 4.59g (100%), Alcohol %: 3.8% (100%), Protein: 4.04g (8.08%), Manganese: 0.35mg (17.34%), Vitamin B1: 0.23mg (15.12%), Vitamin K: 12.03µg (11.45%), Copper: 0.23mg (11.38%), Vitamin B2: 0.18mg (10.66%), Selenium:

7.23µg (10.33%), Iron: 1.46mg (8.14%), Folate: 30.88µg (7.72%), Vitamin B3: 1.43mg (7.15%), Phosphorus: 63.48mg (6.35%), Potassium: 212.86mg (6.08%), Fiber: 1.46g (5.83%), Vitamin B6: 0.1mg (5.24%), Magnesium: 18.49mg (4.62%), Vitamin C: 3.12mg (3.78%), Vitamin A: 141.06IU (2.82%), Zinc: 0.37mg (2.47%), Calcium: 23.78mg (2.38%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.24mg (1.6%)