



Sautéed Grape Napoleons with Port Reduction

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 ounce goat cheese softened
- ☐ 2 teaspoons granulated sugar
- ☐ 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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Preheat oven to 350
- ☐ 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 x 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.

- ☐ Bring port to a boil in a small saucepan over medium-high heat. Cook 10 minutes or until reduced to 1 1/2 tablespoons.
- ☐ Remove from heat; stir in honey and 1/8 teaspoon salt.
- ☐ Melt butter in a nonstick skillet over medium-high heat.
- ☐ Add remaining 1/8 teaspoon salt, grapes, granulated sugar, and juice.
- ☐ Saute 10 minutes or until grapes are tender, stirring occasionally.
- ☐ Remove from heat, and cool to room temperature.
- ☐ Combine cheeses in a small bowl, stirring well.
- ☐ 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.
- ☐ Drizzle 1 teaspoon port mixture onto each plate.
- ☐ Sprinkle each serving with 1 teaspoon walnuts, and dust evenly with the remaining 2 teaspoons powdered sugar.

Nutrition Facts



Properties

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

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 Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

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%)