



Smoked Salmon Cheese Cups

READY IN



20 min.

SERVINGS



15

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.1 oz athens phyllo shells frozen mini (15 shells)
- 3 oz goat cheese crumbled (goat)
- 3 oz cream cheese softened
- 2 oz salmon smoked flaked (from 4.5-oz package)
- 2 tablespoons parmesan fresh shredded
- 1 tablespoon basil fresh chopped
- 1 tablespoon whipping cream
- 0.3 teaspoon salt
- 0.1 teaspoon pepper black freshly ground

2 tablespoons pecans chopped toasted

Equipment

bowl

ziploc bags

Directions

Thaw phyllo shells as directed on package. In medium bowl, mix all remaining ingredients except pecans until well mixed. Spoon into 1-quart resealable food-storage plastic bag. Seal bag; cut 1/2 inch off 1 corner of bag.

To serve, pipe or spoon cheese-salmon mixture into each phyllo cup.

Sprinkle each with pecans.

Nutrition Facts

 **PROTEIN 17.01%** **FAT 67.49%** **CARBS 15.5%**

Properties

Glycemic Index:11.07, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.7717391221744%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 68.31kcal (3.42%), Fat: 5.35g (8.24%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.35g (0.39%), Cholesterol: 10.79mg (3.6%), Sodium: 126.28mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin D: 0.69µg (4.59%), Phosphorus: 35.78mg (3.58%), Manganese: 0.07mg (3.54%), Copper: 0.07mg (3.42%), Vitamin A: 165.78IU (3.32%), Selenium: 2.1µg (3%), Vitamin B2: 0.04mg (2.61%), Vitamin B12: 0.16µg (2.6%), Calcium: 23.67mg (2.37%), Vitamin B6: 0.03mg (1.59%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.17mg (1.16%), Vitamin B3: 0.23mg (1.14%), Iron: 0.19mg (1.07%), Magnesium: 4.19mg (1.05%), Vitamin B1: 0.02mg (1.03%)