

health-score 72%

HEALTH SCORE

Spinach Souffle-Phyllo Cups

☒ Vegetarian

☒ Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

86 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 ounce feta cheese crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 5 sheets phyllo dough
- ☐ 0.3 teaspoon salt
- ☐ 12 oz spinach soufflé (recommended: Stouffers)

Equipment

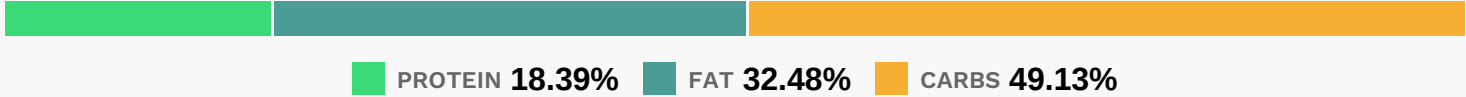
- ☐ oven

☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Lay out 1 sheet of phyllo dough. Spray lightly with olive oil cooking spray. Repeat with 4 remaining sheets.
- ☐ Cut phyllo sheets into 6 pieces. Fit each section into a muffin cup.
- ☐ Bake for 10 minutes.
- ☐ Remove plastic cover from spinach souffle and microwave on high for 5 minutes.
- ☐ Remove from microwave and stir in lemon juice, salt, and cayenne pepper. Divide spinach mixture into baked phyllo cups.
- ☐ Sprinkle feta cheese over spinach mixture. Return to oven for 6 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:17.702608637188%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 86.24kcal (4.31%), Fat: 3.22g (4.96%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 9.39g (3.42%), Sugar: 0.34g (0.38%), Cholesterol: 8.41mg (2.8%), Sodium: 325.94mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Vitamin K: 274.49µg (261.42%), Vitamin A: 5391.37IU (107.83%), Folate: 127.54µg (31.89%), Manganese: 0.59mg (29.44%), Vitamin C: 16.96mg (20.56%), Vitamin B2: 0.24mg (14.24%), Magnesium: 49.24mg (12.31%), Iron: 2.12mg (11.75%), Calcium: 104.79mg (10.48%),

Vitamin B1: 0.15mg (9.69%), Potassium: 338.23mg (9.66%), Selenium: 5.68µg (8.12%), Vitamin E: 1.21mg (8.06%),
Vitamin B6: 0.16mg (7.93%), Phosphorus: 71.95mg (7.19%), Fiber: 1.58g (6.31%), Vitamin B3: 1.16mg (5.79%), Copper:
0.09mg (4.68%), Zinc: 0.65mg (4.36%), Vitamin B12: 0.16µg (2.66%), Vitamin B5: 0.18mg (1.79%)