



Sticky Toffee Phyllo Cups from H-E-B's Cooking Connection

READY IN



45 min.

SERVINGS



10

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 10 servings butter
- ☐ 10 servings mrs richardson's butterscotch caramel sauce
- ☐ 10 servings cream cheese plain cubed
- ☐ 10 servings pears
- ☐ 10 servings phyllo shells mini

Equipment

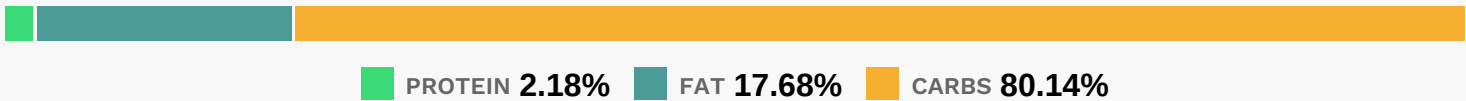
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.Melt the butter in a skillet set over medium heat.
- ☐ Saute pears in the butter until soft.
- ☐ Place shells on baking sheet and bake for 3 minutes.When just out of the oven, put a cube of cheese in bottom of the cup.
- ☐ Place a tablespoon of pears on the cheese and bake for 2 to 3 minutes just to warm the cheese.
- ☐ Drizzle with the caramel sauce and serve. Ice cream on the side is optional, but recommended!

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:3.9330434902855%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 223.84kcal (11.19%), Fat: 4.77g (7.34%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 43.5g (15.82%), Sugar: 39.03g (43.36%), Cholesterol: 11.76mg (3.92%), Sodium: 175.43mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Fiber: 5.15g (20.58%), Vitamin C: 7.34mg (8.89%), Vitamin K: 7.68µg (7.31%), Copper: 0.14mg (6.82%), Potassium: 221.48mg (6.33%), Manganese: 0.1mg (4.99%), Vitamin A: 215.88IU (4.32%), Phosphorus: 37.79mg (3.78%), Calcium: 36.71mg (3.67%), Magnesium: 13.81mg (3.45%), Folate: 12.66µg (3.16%), Vitamin B2: 0.05mg (2.77%), Vitamin B6: 0.05mg (2.44%), Vitamin E: 0.34mg (2.29%), Iron:

0.3mg (1.67%), Vitamin B5: 0.16mg (1.56%), Vitamin B12: 0.08µg (1.38%), Vitamin B1: 0.02mg (1.36%), Vitamin B3:
0.27mg (1.35%), Zinc: 0.18mg (1.17%), Selenium: 0.82µg (1.17%)