



Strawberry Napoleons

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 10.6 oz yogurt plain fat-free
- ☐ 3 tablespoons honey
- ☐ 1 sprigs mint leaves whole
- ☐ 4 sheets dough frozen thawed
- ☐ 16 oz strawberries fresh sliced
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar

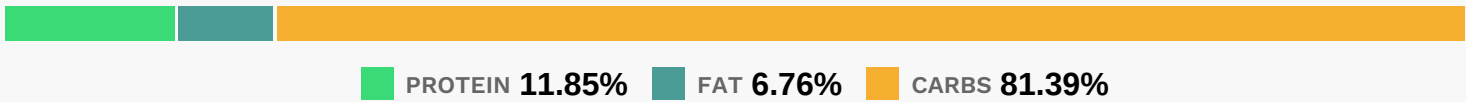
Equipment

☐ grill

Directions

- ☐ Stir together yogurt and honey; cover and chill yogurt sauce until ready to serve.
- ☐ Combine strawberries and 2 Tbsp. sugar; cover and chill until ready to serve.
- ☐ Place 1 phyllo sheet on a flat work surface. Coat with cooking spray, and sprinkle evenly with 1/4 tsp. sugar. Top with 1 phyllo sheet; coat again with cooking spray, and sprinkle with 1/4 tsp. sugar.
- ☐ Cut phyllo stack into thirds lengthwise; cut each in half, creating 6 even rectangular stacks. Repeat procedure with remaining phyllo sheets, cooking spray, and 1/2 tsp. sugar.
- ☐ Grill phyllo stacks, without grill lid, over medium-low heat (300 to 35
- ☐ to 2 minutes on each side or until lightly browned.
- ☐ Place 1 grilled phyllo stack on each of 6 serving plates; top evenly with half of strawberry slices.
- ☐ Drizzle evenly with half of yogurt sauce. Top each with 1 grilled phyllo stack. Top evenly with remaining strawberry slices and yogurt sauce.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:11.93, Inflammation Score:-4, Nutrition Score:7.9521740053011%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-

gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg
Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 140.12kcal (7.01%), Fat: 1.09g (1.68%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 27.85g (10.13%), Sugar: 20.84g (23.16%), Cholesterol: 1mg (0.33%), Sodium: 101.02mg (4.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin C: 45.01mg (54.56%), Manganese: 0.37mg (18.26%), Calcium: 114.24mg (11.42%), Vitamin B2: 0.18mg (10.73%), Phosphorus: 106.82mg (10.68%), Folate: 35.7µg (8.93%), Potassium: 259.26mg (7.41%), Vitamin B1: 0.11mg (7.39%), Selenium: 5.17µg (7.38%), Fiber: 1.79g (7.15%), Magnesium: 21.59mg (5.4%), Vitamin B12: 0.31µg (5.09%), Vitamin B5: 0.46mg (4.61%), Iron: 0.82mg (4.54%), Zinc: 0.68mg (4.53%), Vitamin B3: 0.89mg (4.43%), Vitamin B6: 0.07mg (3.43%), Copper: 0.06mg (3.06%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.23mg (1.53%)