



Yummy Mummy

READY IN



65 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 basil leaves
- ☐ 8 servings olives black for eyes
- ☐ 1 tablespoon pepper black
- ☐ 0.5 stick butter melted
- ☐ 1 tablespoon cayenne pepper
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 egg yolk beaten
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 0.5 pound mozzarella cheese fresh

- ☐ 1 small clove garlic
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon oregano dried
- ☐ 2.5 tablespoons paprika
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 9 servings grinds pepper black
- ☐ 6 sheets phyllo dough frozen
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 8 servings bell peppers green red cut into egyptian shapes to decorate the mummy
- ☐ 1 cup ricotta drained
- ☐ 1 jar roasted peppers red drained
- ☐ 2 tablespoons salt

Equipment

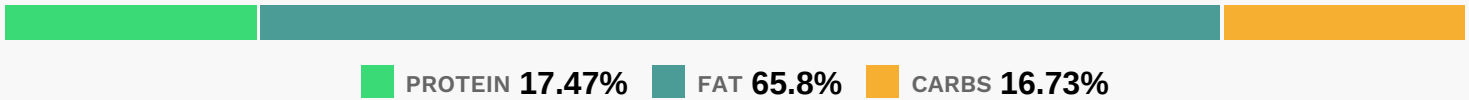
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ offset spatula

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place parchment paper on baking sheet.
- ☐ Mix together cheeses, parsley, egg yolk, garlic, pepper and Essence.
- ☐ Lay out the prosciutto on a flat surface so it overlaps slightly. It should create a surface that is about 12 to 13 inches long.

- ☐ Place the cheese mixture in the center of the prosciutto and roughly shape into a mummy form.
- ☐ Wrap the prosciutto around the cheese mixture sealing it in completely and reshape the mixture to look like a mummy with a rounded head and the body tapering at the bottom.
- ☐ Place a sheet of phyllo on a work surface, brush with melted butter, repeat with 2 more sheets, placing them on top of one another. Do not brush top sheet with butter.
- ☐ Lay the prosciutto wrapped cheese in the center of the phyllo and wrap the phyllo around the "mummy".
- ☐ Butter the outside of the phyllo and then reshape into the mummy shape.
- ☐ Place 1 of the remaining sheets of phyllo on the parchment lined baking sheet, brush with melted butter, repeat with the remaining 2 sheets, placing them on top of one another.
- ☐ Carefully slice the phyllo into 1/2-inch wide strips horizontally.
- ☐ Lay the wrapped mummy in the center of the sliced strips and wrap the sliced pieces around the mummy so it looks like bandages. Gently brush the top with butter.
- ☐ Bake for 20 minutes, or until golden brown on the outside.
- ☐ When the mummy is just a few minutes from coming out of the oven, place drained roasted red peppers, basil leaves, and garlic in the food processor and pulse grind into a pepper puree.
- ☐ Transfer to a small serving bowl.
- ☐ Decorate the mummy with black olives and pepper shapes and transfer him to his "coffin" with 2 wide, long, offset spatulas.
- ☐ Serve with red pepper puree.
- ☐ Combine all ingredients thoroughly and store in an airtight jar or container.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:22.660000241321%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 480.13kcal (24.01%), Fat: 35.83g (55.12%), Saturated Fat: 16.75g (104.66%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 16.08g (5.85%), Sugar: 2.51g (2.79%), Cholesterol: 104.9mg (34.97%), Sodium: 3351.36mg (145.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.81%), Vitamin C: 69.66mg (84.44%), Vitamin A: 2596.28IU (51.93%), Calcium: 435.16mg (43.52%), Phosphorus: 344.54mg (34.45%), Selenium: 23.84µg (34.06%), Vitamin K: 32.39µg (30.85%), Manganese: 0.51mg (25.6%), Vitamin B6: 0.47mg (23.31%), Vitamin B2: 0.34mg (20.22%), Vitamin B12: 1.1µg (18.32%), Iron: 3.29mg (18.26%), Fiber: 4.41g (17.65%), Vitamin B1: 0.26mg (17.01%), Vitamin E: 2.46mg (16.39%), Zinc: 2.44mg (16.29%), Vitamin B3: 2.76mg (13.8%), Potassium: 437.87mg (12.51%), Magnesium: 45.6mg (11.4%), Copper: 0.22mg (11.01%), Folate: 43.2µg (10.8%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.47µg (3.15%)