

Fig, Prosciutto & Brie Puffs

Michelle Lara - CupcakesCocktailsAndKids.com
Palm Beach Post

Yield: 12 puffs

1 package frozen phyllo dough,
thawed according to box instructions
1/4 cup sweet onion
4 to 5 tablespoons melted butter
1 container fig paste or jam (such as
Rutherford & Meyer Fig Fruit
Paste)
1/2 pound paper-thin prosciutto
1 wedge French Brie cheese

Preheat the oven to 350 degrees.

Prepare the dough: Cut the phyllo dough into two-inch squares (approximately). Layer three to four sheets of the phyllo squares.

Prepare the filling: Cook the onions in butter until they are just translucent. Drain the onions on a paper towel and set aside.

Cut the fruit paste, prosciutto and Brie in one-inch pieces. Stack the Brie, fruit paste and a layer of the onion mixture. Wrap the prosciutto around to create a "bag" to hold the ingredients.

Assemble the puffs: Place the filling in the middle of the phyllo dough squares. You can simply fold them over to close. If you'd like to create the purse-like shapes, just pinch the extra dough at the top.

Make sure that all of the seams are covered with dough. They don't have to be perfect - more than likely some fig filling will spill through, adding to the rustic charm of these delicious bites. Brush the puffs with melted butter.

Bake for about 10 minutes or until golden.

If planning for a party, prep all of your pastry items the day before and freeze them. Separate the items with wax paper to keep them from sticking together.

Per Serving (excluding unknown items): 3324 Calories; 369g Fat (97.7% calories from fat); 6g Protein; 14g Carbohydrate; 1g Dietary Fiber; 993mg Cholesterol; 3840mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 73 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3324	Vitamin B6 (mg):	trace
% Calories from Fat:	97.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	1.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	369g	Folacin (mcg):	24mcg
Saturated Fat (g):	229g	Niacin (mg):	1mg
Monounsaturated Fat (g):	106g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	993mg	% Refuse:	0.0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	3840mg	Vegetable:	1/2
Potassium (mg):	195mg	Fruit:	0
Calcium (mg):	119mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	73 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	13871IU		
Vitamin A (r.e.):	3433 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 3324 **Calories from Fat:** 3249

% Daily Values*

Total Fat 369g	568%
Saturated Fat 229g	1146%
Cholesterol 993mg	331%
Sodium 3840mg	160%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	4%
Protein 6g	
Vitamin A	277%
Vitamin C	4%
Calcium	12%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.