

# Creamy Pea and Scallion Phyllo Cups

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## **Yield: 45 phyllo cups**

*1 container (8 ounce) cream cheese, softened*  
*1 cup frozen peas, thawed*  
*2 tablespoons scallions, thinly sliced*  
*2 teaspoons Worcestershire sauce OR soy sauce*  
*3 packages (15 count ea) frozen phyllo cups*  
*sliced scallions (for garnish)*

Preheat the oven to 350 degrees.

In a bowl, beat the cream cheese, peas, scallion and Worcestershire sauce.

Arrange forty-five of the phyllo cups on two rimmed baking sheets.

Spoon about one heaping teaspoon into each cup. Top each cup with more sliced scallions.

Bake until the phyllo is golden and the filling is warmed through, about 5 to 7 minutes.

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Per Serving (excluding unknown items): 924 Calories; 81g Fat (77.9% calories from fat); 25g Protein; 27g Carbohydrate; 7g Dietary Fiber; 255mg Cholesterol; 849mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 15 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	924
<b>% Calories from Fat:</b>	77.9%
<b>% Calories from Carbohydrates:</b>	11.4%
<b>% Calories from Protein:</b>	10.7%
<b>Total Fat (g):</b>	81g
<b>Saturated Fat (g):</b>	51g
<b>Monounsaturated Fat (g):</b>	23g
<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	255mg
<b>Carbohydrate (g):</b>	27g
	7g

<b>Vitamin B6 (mg):</b>	.3mg
<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>Thiamin B1 (mg):</b>	.4mg
<b>Riboflavin B2 (mg):</b>	.6mg
<b>Folacin (mcg):</b>	115mcg
<b>Niacin (mg):</b>	3mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	0 0%

## **Food Exchanges**

1 1/2

**Dietary Fiber (g):**  
**Protein (g):** 25g  
**Sodium (mg):** 849mg  
**Potassium (mg):** 525mg  
**Calcium (mg):** 226mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 28mg  
**Vitamin A (i.u.):** 4404IU  
**Vitamin A (r.e.):** 1107 1/2RE

**Grain (Starch):**  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 15  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 924                      **Calories from Fat:** 720

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### % Daily Values\*

<b>Total Fat</b> 81g	125%
Saturated Fat 51g	255%
<b>Cholesterol</b> 255mg	85%
<b>Sodium</b> 849mg	35%
<b>Total Carbohydrates</b> 27g	9%
Dietary Fiber 7g	28%
<b>Protein</b> 25g	
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<b>Vitamin A</b>	88%
<b>Vitamin C</b>	47%
<b>Calcium</b>	23%
<b>Iron</b>	29%

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