

Chipotle Creamed Spinach Phyllo Cups

Kohl's Department Stores

Servings: 8

1 pound baby spinach
Kosher salt
3 tablespoons butter, melted
1 small red onion, finely diced
2 tablespoons all-purpose flour
2 cups milk
2 tablespoons Parmesan cheese, grated
1 1/2 teaspoons chipotle-flavored hot sauce
1/4 teaspoon freshly grated nutmeg
45 mini phyllo shells
Parmesan cheese (for serving)
freshly grated nutmeg (for serving)

Preparation Time: 25 minutes

Preheat the oven to 425 degrees.

In a large pot of salted water, cook the spinach until bright green and tender, 3 minutes. Drain. Transfer to to a bowl of ice water to cool. Drain and squeeze out the excess water. Finely chop and set aside.

In a skillet over medium heat, melt two tablespoons of the butter. Add the onions. Cook until lightly browned, 5 minutes. Add the flour and remaining one tablespoon of butter. Cook, stirring constantly, for about 1 minute. Whisk in the milk. Cook, whisking constantly until the mixture comes to a boil. Reduce the heat. Simmer, whisking occasionally, until thickened, about 8 minutes.

Stir in the spinach, Parmesan, hot sauce, nutmeg and one tablespoon of salt. Cook until heated through.

Arrange the phyllo cups on two cookie sheets. Fill each cup with a heaping teaspoon of the spinach mixture.

Bake until the shells are hot, 4 to 5 minutes.

To serve, sprinkle with additional Parmesan and nutmeg.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 96 Calories; 7g Fat (62.6% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	96	Vitamin B6 (mg):	trace
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	10mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	21mg	% Refused:	0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	98mg	Vegetable:	1/2
Potassium (mg):	129mg	Fruit:	0
Calcium (mg):	96mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	248IU		
Vitamin A (r.e.):	66RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 96 Calories from Fat: 60

% Daily Values*

Total Fat 7g	10%
Saturated Fat 4g	21%
Cholesterol 21mg	7%
Sodium 98mg	4%
Total Carbohydrates 6g	2%
Dietary Fiber trace	2%
Protein 3g	
Vitamin A	5%
Vitamin C	3%
Calcium	10%
Iron	1%

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