

BAKLAVA CUPS

INGREDIENTS:

- 1 package mini phyllo cups (15 count)
- 1 cup chopped nuts: pistachios, walnuts, almonds, pecans, or mixture
- 1 tablespoon butter, melted
- 1/4 cup honey
- 1/4 teaspoon ground cinnamon
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350° F. Place phyllo cups on a baking sheet.
2. In a medium bowl, stir together chopped nuts, melted butter, honey, cinnamon, and salt until evenly combined. Spoon about 2 teaspoons of nut mixture into each phyllo cup, or until they are filled.
3. Bake for 10 minutes, or until the nuts are fragrant and lightly toasted. Remove and drizzle with extra honey before serving. Serve immediately.

Nutrition Facts

Serving Size 1/2 cup (262g)
Servings Per Container 8

Amount Per Serving

Calories 380 **Calories from Fat** 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 90mg **4%**

Total Carbohydrate 45g **15%**

Dietary Fiber 5g **20%**

Sugars 10g

Protein 18g

Vitamin A 10% • Vitamin C 15%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

