

Chicken Florentine Phyllo Petites

Athens Foods, Inc.

Yield: 30 appetizers

*1/2 cup frozen chopped spinach,
thawed*
*1/4 cup light garlic and herb cheese
(such as Boursin)*
*1 cup pre-cooked chicken breast, diced
1/4-inch*
pine nuts, toated (for garnish)
*2 boxes (15 each) Athens mini Fillo
shello*

Preheat the oven to 350 degrees.

Squeeze the water from the thawed spinach and pat dry on paper towels.

In a medium mixing bowl, combine the spinach, cheese and diced chicken. Mix thoroughly.

Fill the mini shells with one heaping teaspoon of the mixture. Arrange the filled shells evenly on a baking tray.

Bake for 8 to 10 minutes.

Garnish with toasted pine nuts and serve.

Per Serving (excluding unknown items): 30 Calories; trace Fat (9.2% calories from fat); 4g Protein; 5g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 93mg Sodium. Exchanges: 1 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	9.2%
% Calories from Carbohydrates:	52.5%
% Calories from Protein:	38.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	150mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 4g
Sodium (mg): 93mg
Potassium (mg): 406mg
Calcium (mg): 140mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 9751IU
Vitamin A (r.e.): 974RE

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

Nutrition Facts

Amount Per Serving

Calories 30 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	93mg	4%
Total Carbohydrates	5g	2%
	Dietary Fiber 4g	15%
Protein	4g	
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Vitamin A		195%
Vitamin C		51%
Calcium		14%
Iron		14%

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