

# Steak and Blue Cheese in Mini Phyllo Shells

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## Servings: 30

6 ounces flank steak  
2 teaspoons extra virgin olive oil  
salt and pepper (to taste)  
2 cups arugula  
1/4 cup blue cheese dressing  
2 boxes (15 count ea) Athens Mini  
Fillo Shells  
1/4 cup Gorgonzola cheese (for  
garnish)

Lightly coat the steak with olive oil, salt and pepper. Grill (or sear) to medium rare (132 degrees) or preferred temperature. Allow to rest about 10 minutes. Slice the meat in half with the grain. Thinly slice 30 strips of steak against the grain.

Place about two teaspoons of arugula into each mini shell. Top the arugula with 1/2 teaspoon of blue cheese dressing.

Roll the steak strips and place on top of the dressing.

Garnish with Gorgonzola cheese and serve.

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Per Serving (excluding unknown items): 13 Calories; 1g Fat (63.2% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 4mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	13
% Calories from Fat:	63.2%
% Calories from Carbohydrates:	1.5%
% Calories from Protein:	35.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0 0%

## Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0
Potassium (mg):	24mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	32IU		
Vitamin A (r.e.):	3RE		

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## Nutrition Facts

Servings per Recipe: 30

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### Amount Per Serving

**Calories** 13 Calories from Fat: 8

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#### % Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat trace	1%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 4mg	0%
<b>Total Carbohydrates</b> trace	0%
Dietary Fiber trace	0%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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