



Basil Cheese Triangles

READY IN



40 min.

SERVINGS



72

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound feta cheese
- 2 eggs slightly beaten
- 0.3 cup basil dried fresh finely chopped
- 0.3 teaspoon pepper white
- 16 ounces dough frozen thawed (18x14 inches)
- 0.3 cup butter melted

Equipment

- bowl

- baking sheet
- oven
- plastic wrap

Directions

- Heat oven to 400°F. Grease cookie sheet. Crumble cheese into small bowl; mash with fork. Stir in eggs, basil and white pepper until well mixed.
- Cut phyllo sheets lengthwise into 2-inch strips. Cover with plastic wrap, then with damp towel to keep them from drying out.
- Place 1 level teaspoon cheese mixture on end of 1 strip. Fold strip over cheese mixture, end over end in triangular shape, to opposite end.
- Place on cookie sheet. Repeat with remaining strips and cheese mixture.
- Brush triangles lightly with margarine.
- Bake 12 to 15 minutes or until puffed and golden brown.
- Serve warm.

Nutrition Facts

 PROTEIN **14.35%**  FAT **51.99%**  CARBS **33.66%**

Properties

Glycemic Index:0.9, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:2.8621739217931%

Nutrients (% of daily need)

Calories: 46.77kcal (2.34%), Fat: 2.73g (4.2%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.03g (0.03%), Cholesterol: 10.15mg (3.38%), Sodium: 114.52mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 14.36µg (13.68%), Manganese: 0.11mg (5.64%), Iron: 1mg (5.57%), Vitamin B2: 0.09mg (5.32%), Calcium: 51.17mg (5.12%), Selenium: 2.81µg (4.02%), Phosphorus: 30.88mg (3.09%), Vitamin B1: 0.05mg (3%), Folate: 10.69µg (2.67%), Vitamin B6: 0.04mg (2.09%), Magnesium: 8.17mg (2.04%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.29mg (1.91%), Vitamin B3: 0.36mg (1.8%), Fiber: 0.43g (1.72%), Vitamin A: 76.89IU (1.54%), Copper: 0.03mg (1.33%), Vitamin B5: 0.11mg (1.06%)