



Basil Cheese Triangles

READY IN



40 min.

SERVINGS



72

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

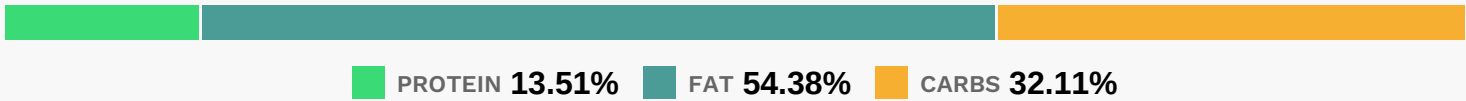
- ☐ bowl
- ☐ baking sheet

- ☐ 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



Properties

Glycemic Index:0.9, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:1.5156521576902%

Nutrients (% of daily need)

Calories: 44.86kcal (2.24%), Fat: 2.69g (4.15%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.02g (0.02%), Cholesterol: 10.15mg (3.38%), Sodium: 113.89mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin B2: 0.08mg (4.74%), Selenium: 2.79µg (3.98%), Calcium: 32.77mg (3.28%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 28.63mg (2.86%), Folate: 8.15µg (2.04%), Vitamin B12: 0.12µg (1.97%), Manganese: 0.03mg (1.62%), Vitamin B3: 0.32mg (1.6%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.23mg (1.52%), Iron: 0.27mg (1.48%), Vitamin A: 70.78IU (1.42%)