

Cheese Bourekas

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



302 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black
- 1 teaspoon parsley dried
- 2 eggs
- 1 pinch garlic powder
- 1 pinch onion powder
- 17.5 ounce puff pastry frozen
- 1 pinch salt
- 2 tablespoons sesame seed

- 2 cups mozzarella cheese shredded
- 2 teaspoons water

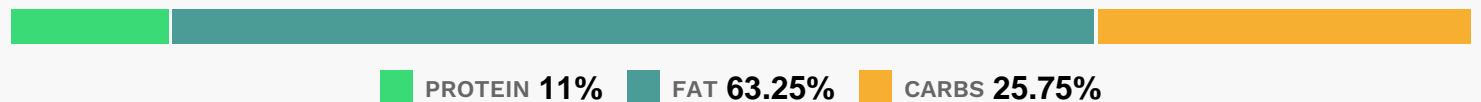
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Beat 1 egg in a medium bowl, and mix in the cheese. Season with parsley, garlic powder, onion powder, salt, and pepper.
- On a lightly floured surface, cut each sheet of puff pastry into 6 equal squares to give 12 squares in total. Beat the remaining egg with water in small bowl.
- Brush edges of each square lightly with egg wash.
- Place a heaping tablespoon of the cheese mixture in the center of each square. Fold pastry over the filling, and seal edges with a fork.
- Transfer to the prepared baking sheet, brush with remaining egg wash and sprinkle with sesame seeds.
- Bake in the preheated oven 30 minutes, or until golden brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:10.26, Inflammation Score:-3, Nutrition Score:6.7630434985394%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 302.28kcal (15.11%), Fat: 21.28g (32.75%), Saturated Fat: 6.76g (42.28%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.71g (6.8%), Sugar: 0.54g (0.6%), Cholesterol: 42.03mg (14.01%), Sodium: 233.92mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Selenium: 15.9µg (22.72%), Vitamin B1: 0.18mg (12.27%), Manganese: 0.25mg (12.26%), Vitamin B2: 0.21mg (12.17%), Calcium: 115.99mg (11.6%), Phosphorus: 114.14mg (11.41%), Folate: 38.37µg (9.59%), Vitamin B3: 1.81mg (9.05%), Vitamin B12: 0.49µg (8.18%), Iron: 1.47mg (8.16%), Vitamin K: 7.24µg (6.89%), Zinc: 0.97mg (6.44%), Copper: 0.11mg (5.49%), Magnesium: 16.06mg (4.02%), Vitamin A: 166.53IU (3.33%), Fiber: 0.8g (3.18%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.04mg (1.97%), Potassium: 57.02mg (1.63%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.14mg (1.4%)