



Cheese Sambusak

READY IN



45 min.

SERVINGS



24

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 0.5 cup canola oil
- ☐ 6 oz cheese crumbled
- ☐ 3 eggs divided
- ☐ 6 oz feta cheese crumbled
- ☐ 3 cups flour
- ☐ 1 sheets purple gel food coloring
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 tsp salt

- ☐ 0.5 cup butter unsalted melted
- ☐ 24 servings vegetable oil with a high smoke point)
- ☐ 0.5 cup water hot

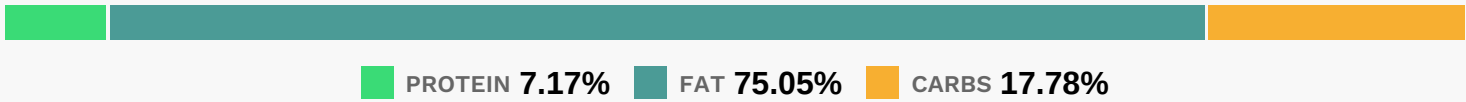
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Save Recipe
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- ☐ Cheese Sambusak
- ☐ Ingredients1/2 cup canola oil1/2 cup melted unsalted butter1/2 tsp salt1/2 cup hot water3 cups flour6 oz crumbled feta cheese6 oz crumbled kashkaval cheese1/4 cup fresh parsley, chopped3 eggs, divided1/4 tsp black pepper
- ☐ Poppy or sesame seeds for topping (optional)Nonstick cooking spray (if baking)Vegetable oil (if frying – choose oil with a high smoke point)You will also need
- ☐ Food processor, plastic wrap, rolling pin, baking sheets
- ☐ Servings: 24–28 sambusak
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:8.76, Inflammation Score:-3, Nutrition Score:6.6508696493895%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 278.63kcal (13.93%), Fat: 23.38g (35.98%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 12.02g (4.37%), Sugar: 0.09g (0.1%), Cholesterol: 44.02mg (14.67%), Sodium: 184.84mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin K: 37.39µg (35.61%), Selenium: 10.1µg (14.43%), Vitamin B2: 0.2mg (11.51%), Vitamin E: 1.56mg (10.37%), Calcium: 92.74mg (9.27%), Vitamin B1: 0.14mg (9.24%), Folate: 36.03µg (9.01%), Phosphorus: 85.64mg (8.56%), Vitamin A: 301.57IU (6.03%), Manganese: 0.11mg (5.74%), Iron: 0.92mg (5.13%), Vitamin B3: 1.01mg (5.05%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.25µg (4.2%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.26mg (2.59%), Magnesium: 7.85mg (1.96%), Fiber: 0.45g (1.79%), Copper: 0.03mg (1.69%), Vitamin D: 0.25µg (1.68%), Potassium: 39.04mg (1.12%), Vitamin C: 0.83mg (1.01%)