



Chèvre-Pepper Sticks

READY IN



45 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 0.5 pound chèvre cheese fresh crumbled (goat)
- 4 sheets filo dough (each 13 by 18 in.; 2 oz. total)
- 0.3 cup green onions minced
- 1.5 teaspoons fresh-ground pepper

Equipment

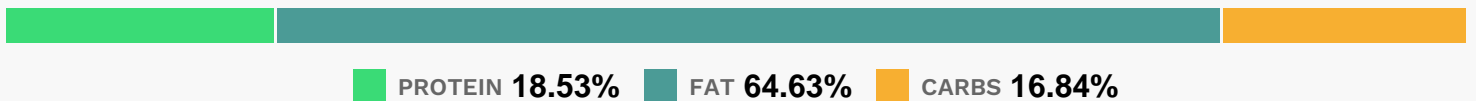
- bowl
- frying pan

- baking sheet
- oven
- knife
- plastic wrap

Directions

- In a bowl, mix cheese, onions, and pepper.
- Stack filo sheets. With a long, sharp knife, cut stack into 6 equal rectangles to make 24 pieces. Cover with plastic wrap to prevent drying.
- Lay 1 filo piece flat and brush lightly with butter.
- Sprinkle 2 teaspoons cheese mixture along 1 edge, leaving about 1/2 inch bare at each end. Fold ends of filo over filling, then roll to enclose; if filo doesn't stick together at end of roll, brush edge with a little more butter.
- Place cheese stick seam side down on a nonstick 12- by 15-inch baking sheet and brush lightly with butter. Repeat step 3 to shape remaining cheese sticks, and lay about 1/2 inch apart on pan.
- Bake in a 400 oven until lightly browned, about 12 minutes (9 to 10 minutes in a convection oven).
- Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:1.333478251877%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 43.45kcal (2.17%), Fat: 3.13g (4.81%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.11g (0.13%), Cholesterol: 4.35mg (1.45%), Sodium: 61.26mg (2.66%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Copper: 0.07mg (3.74%), Vitamin A: 150.42IU (3.01%), Vitamin B2: 0.05mg (2.84%), Phosphorus: 27.42mg (2.74%), Vitamin K: 2.61µg (2.49%), Manganese: 0.04mg (2.11%), Iron: 0.31mg (1.72%), Vitamin B1: 0.02mg (1.64%), Calcium: 15.23mg (1.52%), Selenium: 1.01µg (1.45%), Vitamin B6: 0.03mg (1.28%), Folate: 4.62µg (1.16%)