



WHATSheATE



Feta and Walnut Phyllo Rolls



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

Ingredients

- ☐ 0.8 teaspoon aleppo chile flakes dried
- ☐ 5 oz feta dry crumbled
- ☐ 12 inch sheets phyllo (17- by 12-inch) (preferably spelt phyllo)
- ☐ 0.8 cup butter unsalted melted
- ☐ 0.3 cup walnuts toasted finely chopped

Equipment

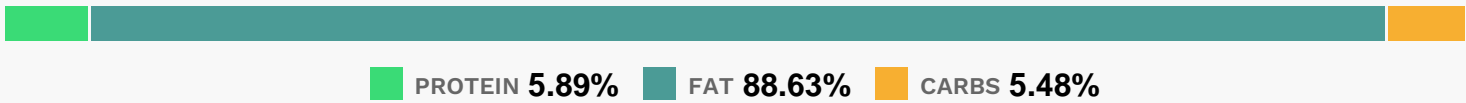
- ☐ food processor
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350°F.
- ☐ Blend feta, walnuts, Aleppo flakes, and a pinch of salt in a food processor until a ball begins to form. Form into 27 (1-inch) balls, then roll balls into 2 1/2-inch logs.
- ☐ Leave phyllo sheets stacked and cut lengthwise into thirds, then stack thirds into 1 pile. Cover with plastic wrap and a dampened kitchen towel.
- ☐ Place 1 sheet of phyllo with a short end nearest you on a work surface (keep remaining sheets covered) and brush with butter.
- ☐ Place a feta log in center of phyllo sheet parallel to short end. Fold phyllo in half, enclosing log, and brush with butter. Starting at end with log, roll up pastry to resemble a cigar.
- ☐ Transfer, seam side down, to a lightly buttered baking sheet, then make 26 more rolls in same manner.
- ☐ Brush rolls with some butter and bake in middle of oven until golden, about 25 minutes. Cool on baking sheet on a rack.
- ☐ Serve warm or at room temperature.
- ☐ • Phyllo rolls can be formed 1 day ahead and chilled on baking sheet, covered with plastic wrap. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:1.29, Inflammation Score:-5, Nutrition Score:5.8834782508404%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 313.83kcal (15.69%), Fat: 31.61g (48.64%), Saturated Fat: 18.1g (113.11%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.17g (0.19%), Cholesterol: 82.03mg (27.34%), Sodium: 301.18mg (13.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin A: 883.89IU (17.68%), Vitamin B2: 0.24mg (13.88%), Calcium: 129.44mg (12.94%), Phosphorus: 107.85mg (10.79%), Manganese: 0.2mg (10.13%), Selenium: 5.3µg (7.57%), Vitamin B12: 0.45µg (7.46%), Vitamin B6: 0.13mg (6.7%), Zinc: 0.89mg (5.95%), Vitamin E: 0.83mg (5.56%), Vitamin B1: 0.08mg (5.5%), Copper: 0.1mg (4.86%), Folate: 17.73µg (4.43%), Magnesium: 13.89mg (3.47%), Vitamin D: 0.52µg (3.47%), Vitamin B5: 0.31mg (3.05%), Iron: 0.51mg (2.82%), Vitamin K: 2.93µg (2.79%), Vitamin B3: 0.54mg (2.68%), Fiber: 0.51g (2.04%), Potassium: 51.59mg (1.47%)