


HEALTH SCORE 3%

Feta Cheese Foldovers

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



288 kcal

SIDE DISH

Ingredients

- 1 eggs beaten
- 1 egg yolk with 1 teaspoon water beaten
- 8 ounces feta cheese crumbled
- 3 tablespoons spring onion finely chopped
- 17.5 ounce puff pastry frozen thawed

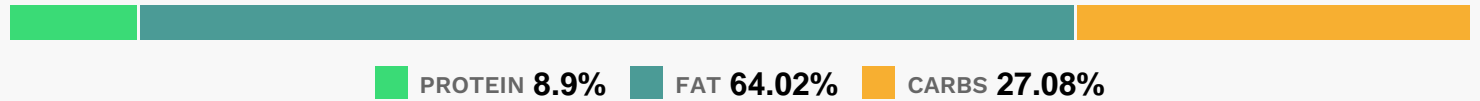
Equipment

- bowl
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a small bowl, blend feta cheese, green onions, and egg.
- Cut pastry into 12 (3 inch) squares.
- Place a mounded tablespoon of feta mixture in the center of each square. Moisten edges with water, and fold pastry over filling to form a triangle. Press edges together firmly with a fork to seal. Lightly brush pastries with the egg yolk mixture.
- Bake for 20 minutes in the preheated oven, or until golden brown.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:10.32, Inflammation Score:-2, Nutrition Score:6.8260869966901%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 288.44kcal (14.42%), Fat: 20.56g (31.64%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.91g (6.88%), Sugar: 0.36g (0.4%), Cholesterol: 46.66mg (15.55%), Sodium: 324.57mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Selenium: 14.81µg (21.16%), Vitamin B2: 0.3mg (17.79%), Vitamin B1: 0.2mg (13.24%), Folate: 43.17µg (10.79%), Manganese: 0.21mg (10.56%), Calcium: 102.38mg (10.24%), Phosphorus: 102.16mg (10.22%), Vitamin K: 10.12µg (9.64%), Vitamin B3: 1.92mg (9.61%), Iron: 1.31mg (7.27%), Vitamin B12: 0.38µg (6.35%), Zinc: 0.85mg (5.67%), Vitamin B6: 0.1mg (5.06%), Copper: 0.06mg (2.91%), Vitamin B5: 0.28mg (2.85%), Magnesium: 11.02mg (2.76%), Vitamin A: 136.56IU (2.73%), Fiber: 0.66g (2.64%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.23µg (1.53%), Potassium: 47.77mg (1.36%)