



Feta Cheese Squares

 Vegetarian

READY IN



10 min.

SERVINGS



100

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 8 oz small-curd cottage cheese
- ☐ 3 large eggs lightly beaten
- ☐ 16 oz feta cheese with garlic and herbs, crumbled
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt

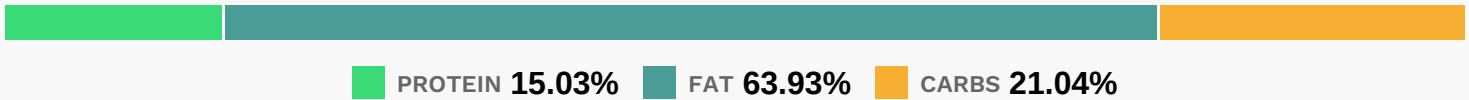
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Stir together baking mix, baking powder, and salt in a large bowl. Stir in milk and remaining ingredients, stirring just until dry ingredients are moistened. Spoon cheese mixture into a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 30 minutes or until golden brown and set.
- ☐ Remove from oven, and let cool on a wire rack 10 minutes.
- ☐ Cut into 1 1/2-inch squares, and serve immediately.
- ☐ Note: For testing purposes only, we used Bisquick All-Purpose Baking
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.2299999990324%

Nutrients (% of daily need)

Calories: 36.29kcal (1.81%), Fat: 2.58g (3.97%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.46g (0.52%), Cholesterol: 12.78mg (4.26%), Sodium: 112.01mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Phosphorus: 39.95mg (4%), Vitamin B2: 0.06mg (3.71%), Calcium: 36.18mg (3.62%), Selenium: 1.6µg (2.28%), Vitamin B12: 0.12µg (2.07%), Vitamin B1: 0.02mg (1.56%), Folate: 5.46µg (1.37%), Vitamin B6: 0.03mg (1.31%), Vitamin A: 62.83IU (1.26%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.11%)