



Feta Cheese Squares

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



60

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 1 cup milk
- 0.5 cup butter melted
- 16 oz feta cheese crumbled (4 cups)
- 8 oz curd cottage cheese
- 3 eggs slightly beaten
- 2 cups frangelico

Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Heat oven to 350°F. Lightly spray 15x10x1-inch pan with cooking spray.
- In large bowl, stir together Bisquick mix, baking powder and salt.
- Add remaining ingredients, stirring just until dry ingredients are moistened. Spoon into pan.
- Bake 30 minutes or until golden brown and set. Cool in pan on cooling rack 10 minutes.
- Cut into 10 rows by 6 rows; serve warm.

Nutrition Facts

 **PROTEIN 17.75%**  **FAT 76.18%**  **CARBS 6.07%**

Properties

Glycemic Index:3.9, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.5082608850106%

Nutrients (% of daily need)

Calories: 42.94kcal (2.15%), Fat: 3.66g (5.63%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.31g (0.34%), Cholesterol: 20.11mg (6.7%), Sodium: 135.21mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Calcium: 52.98mg (5.3%), Vitamin B2: 0.09mg (5.08%), Phosphorus: 42.6mg (4.26%), Selenium: 2.27µg (3.25%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 102.94IU (2.06%), Vitamin B6: 0.04mg (2%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.15mg (1.45%), Vitamin B1: 0.02mg (1.06%)