



Feta Squares

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound butter melted
- 8 ounce cream cheese softened
- 5 large eggs
- 1 pound feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 0.1 teaspoon pepper
- 12 sheets phyllo pastry frozen thawed
- 0.1 teaspoon salt

Equipment

- frying pan
- oven
- hand mixer
- aluminum foil

Directions

- Beat cheeses at medium speed with an electric mixer until blended.
- Add eggs at low speed, one at a time, until blended. Stir in dill, salt, and pepper.
- Cut each pastry sheet into a 13- x 9-inch rectangle. Stack 8 pastry sheets in a lightly greased 13- x 9-inch pan, brushing with butter between sheets.
- Spread with cheese mixture; top with 4 more sheets, and brush with butter.
- Bake at 350 for 45 to 50 minutes or until golden brown.
- Let stand 10 minutes before cutting into squares.
- NOTE: Squares may be baked, covered with foil, and frozen. Thaw at room temperature 30 minutes.
- Bake squares at 350 for 25 minutes or until thoroughly heated.

Nutrition Facts

 **PROTEIN 10.91%**  **FAT 76.12%**  **CARBS 12.97%**

Properties

Glycemic Index:9.45, Glycemic Load:2.61, Inflammation Score:-4, Nutrition Score:5.9613043129768%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.1kcal (11.65%), Fat: 19.85g (30.53%), Saturated Fat: 11.69g (73.09%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 7.39g (2.69%), Sugar: 0.5g (0.56%), Cholesterol: 102.52mg (34.17%), Sodium: 454.43mg (19.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin B2: 0.32mg (18.67%), Selenium: 10.98µg (15.69%), Calcium: 133.89mg (13.39%), Phosphorus: 124.62mg (12.46%), Vitamin A: 600.5IU (12.01%), Vitamin B12: 0.54µg (8.98%), Vitamin B1: 0.1mg (6.99%), Vitamin B6: 0.13mg (6.38%), Zinc: 0.94mg (6.25%), Folate: 24.56µg (6.14%), Vitamin B5: 0.52mg (5.23%), Iron: 0.75mg (4.16%), Vitamin E: 0.54mg (3.61%), Vitamin B3: 0.71mg (3.57%), Manganese: 0.07mg (3.36%), Vitamin D: 0.34µg (2.27%), Magnesium: 8.8mg (2.2%), Vitamin K: 1.78µg (1.7%), Potassium: 57.75mg (1.65%), Copper: 0.03mg (1.5%)