



Feta Sticks

READY IN



45 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 pound feta cheese crumbled (goat, cow, or sheep)
- ☐ 4 sheets filo dough (each 13 by 18 in.; 2 oz. total)
- ☐ 1 tablespoon optional: dill dried fresh minced
- ☐ 3 tablespoons green onions minced
- ☐ 0.5 teaspoon fresh-ground pepper

Equipment

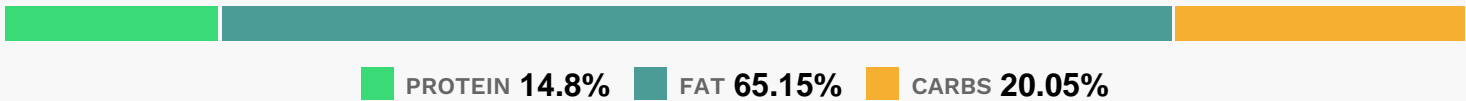
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ In a bowl, mix cheese, onions, dill, and pepper.
- ☐ Stack filo sheets. With a long, sharp knife, cut stack into 6 equal rectangles to make 24 pieces. Cover with plastic wrap to prevent drying.
- ☐ Lay 1 filo piece flat and brush lightly with butter.
- ☐ Sprinkle 2 teaspoons cheese mixture along 1 edge, leaving about 1/2 inch bare at each end. Fold ends of filo over filling, then roll to enclose; if filo doesn't stick together at end of roll, brush edge with a little more butter.
- ☐ Place cheese stick seam side down on a nonstick 12- by 15-inch baking sheet and brush lightly with butter. Repeat step 3 to shape remaining cheese sticks, and lay about 1/2 inch apart on pan.
- ☐ Bake in a 400 oven until lightly browned, about 12 minutes (9 to 10 minutes in a convection oven).
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:1.7086956475092%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 43.56kcal (2.18%), Fat: 3.17g (4.88%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.02g (0.03%), Cholesterol: 8.41mg (2.8%), Sodium: 134.41mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin B2: 0.09mg (5.41%), Calcium: 50.24mg (5.02%), Phosphorus: 35.51mg (3.55%), Selenium: 2.16µg (3.09%), Vitamin B12: 0.16µg (2.68%), Vitamin B1: 0.03mg (2.19%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.3mg (1.97%), Vitamin A: 96.63IU (1.93%), Vitamin K: 1.87µg (1.78%), Folate: 6.31µg (1.58%), Manganese: 0.03mg (1.46%), Iron: 0.24mg (1.33%), Vitamin B3: 0.23mg (1.15%), Vitamin B5: 0.1mg (1.03%)