



Feta Walnut Date Cigars

 Vegetarian

READY IN



300 min.

SERVINGS



32

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces cream cheese cut into pieces
- ☐ 0.5 cup dates pitted chopped
- ☐ 6 ounces feta cheese dry crumbled (1 cup plus 2 tablespoons; patted if wet)
- ☐ 1 pound dough frozen thawed (roughly 17- by 12-inch sheets)
- ☐ 10 tablespoons butter unsalted cooled european-style melted (preferably)
- ☐ 0.7 cup walnut pieces

Equipment

- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ wax paper
- ☐ kitchen towels

Directions

- ☐ Pulse cream cheese, feta, walnuts, and dates together in a food processor, stopping occasionally to scrape down side of bowl, until nuts are finely chopped and mixture is combined well. Quick-chill filling by freezing until cold (to make it easier to handle), 15 to 20 minutes in freezer.
- ☐ Stack 8 sheets of phyllo and cut stack crosswise into 4 strips (each about 12-by 4-inches), reserving remaining phyllo for another use.
- ☐ Stack phyllo strips, then place stack between sheets of wax paper or plastic wrap (to keep phyllo from drying out) and cover with a kitchen towel (to help keep the paper or plastic wrap in place).
- ☐ Preheat oven to 400°F with rack in the middle.
- ☐ Place 1 sheet of phyllo with a short end nearest you on a work surface (keep remaining sheets covered) and brush with butter.
- ☐ Roll a scant tablespoon of filling between your hands into a 3-inch-long log and place log in center of phyllo sheet, parallel to short end. Fold phyllo in half, enclosing log, and brush with butter.
- ☐ Roll a scant tablespoon of filling between your hands into a 3-inch-long log and place log in center of phyllo sheet, parallel to short end. Fold phyllo in half, enclosing log, and brush with butter.
- ☐ Starting at log end, roll up pastry to resemble a cigar.
- ☐ Transfer, seam side down, to a lightly buttered baking sheet.
- ☐ Make more rolls, leaving 1/2-inch of space between cigars on baking sheet.
- ☐ Bake until phyllo is golden, 15 to 20 minutes.

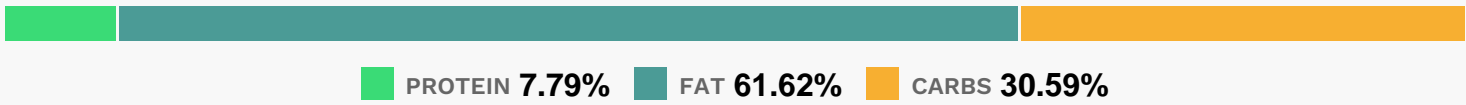
- Filling can be made 1 day ahead and chilled, covered.

•Unbaked cigars keep frozen for up to 1 week. To freeze, put cigars on a rimmed baking sheet and freeze until very firm, about 1 hour, then transfer to a sealable plastic bag. When ready to bake, do not thaw.
- Place frozen cigars on a baking sheet and place directly in oven for 20 to 25 minutes.

•If using frozen phyllo, be sure to follow manufacturer's instructions for thawing it; if you are in a hurry and try to thaw it too quickly, you'll likely end up with a frustrating mass of stuck-together sheets or a pile of shreds.

•Fresh phyllo that's never been frozen is a delight to work with; you might find it labeled 'strudel dough'. Look for it in international, Greek, Middle Eastern, or Eastern European markets.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:3.7, Inflammation Score:-2, Nutrition Score:3.089130450364%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 128.86kcal (6.44%), Fat: 8.97g (13.8%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.4g (3.42%), Sugar: 1.75g (1.94%), Cholesterol: 19.51mg (6.5%), Sodium: 146.33mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 0.16mg (7.95%), Selenium: 4.79µg (6.84%), Vitamin B2: 0.11mg (6.59%), Vitamin B1: 0.1mg (6.39%), Phosphorus: 45.14mg (4.51%), Folate: 17.61µg (4.4%), Vitamin A: 203.87IU (4.08%), Calcium: 37.26mg (3.73%), Vitamin B3: 0.69mg (3.47%), Iron: 0.59mg (3.28%), Copper: 0.06mg (3.06%), Fiber: 0.62g (2.47%), Vitamin B6: 0.05mg (2.34%), Zinc: 0.34mg (2.23%), Magnesium: 8.54mg (2.14%), Vitamin B12: 0.11µg (1.82%), Vitamin B5: 0.16mg (1.57%), Potassium: 47.67mg (1.36%), Vitamin E: 0.19mg (1.24%)