



Flaky Cheese Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup feta cheese crumbled
- ☐ 16 sheets yufka sheets with 10-inch-long sides (from 12- to 16-ounce package) wedge-shaped
- ☐ 16 servings olive oil
- ☐ 1 cup parsley fresh italian chopped

Equipment

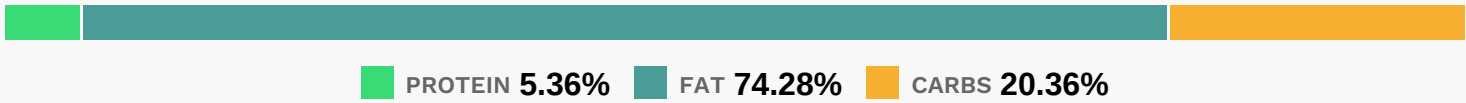
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

☐ paper towels

Directions

- ☐ Mix cheese and parsley in medium bowl. Season filling with salt and pepper.
- ☐ If using yufka, place 1 sheet on work surface; keep remaining sheets covered with plastic and damp towel. Shape 1 tablespoon filling into 4- to 5-inch log, 1 inch in from rounded side of wedge. Fold sides in over filling. Starting at filling end, roll toward pointed end, moisten end, and seal, forming cigar. (If using phyllo, shape 1 tablespoon filling into log, 1 inch in from 1 short side. Fold long sides in. Starting at filling end, roll toward opposite end, moisten end, and seal.)
- ☐ Place cigar on baking sheet. Repeat with remaining filling and pastry. Cover with plastic. DO AHEAD Can be made 2 hours ahead. Chill.
- ☐ Pour oil into large skillet to depth of 1/2 inch.
- ☐ Heat oil to 350°F. Working in batches, fry pastries until golden brown, about 2 minutes per side for yufka and 1 1/2 minutes per side for phyllo.
- ☐ Drain on paper towels; serve.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:3.8, Inflammation Score:-4, Nutrition Score:7.6860868516176%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 17.19g (26.44%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 10.11g (3.68%), Sugar: 0.07g (0.07%), Cholesterol: 8.34mg (2.78%), Sodium: 200.74mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 87.89µg (83.7%), Vitamin B2: 0.15mg (8.68%), Selenium: 5.84µg (8.34%), Vitamin E: 1.21mg (8.04%), Vitamin B1: 0.12mg (8.03%), Vitamin A: 355.46IU (7.11%), Folate: 25.42µg (6.35%), Vitamin C: 4.99mg (6.05%), Calcium: 53.48mg (5.35%), Iron: 0.91mg (5.03%), Manganese: 0.1mg (4.95%), Phosphorus: 48.02mg (4.8%), Vitamin B3: 0.92mg (4.58%), Zinc: 0.4mg (2.69%),

Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.05mg (2.44%), Fiber: 0.48g (1.94%), Vitamin B5: 0.16mg (1.63%),
Magnesium: 6.51mg (1.63%), Copper: 0.03mg (1.39%), Potassium: 40.65mg (1.16%)