

Kanafa

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon juice of lemon
- 16 ounce dough shredded (kataifi)
- 15 ounce ricotta cheese
- 1 cup mozzarella cheese shredded
- 12 ounces butter unsalted
- 0.5 cup water
- 1 cup granulated sugar white

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- baking pan
- microwave
- measuring cup
- oven mitt

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Use a food processor to finely chop the frozen, shredded phyllo dough. The strands should be about the size of a grain of rice.
- Pour the dough into a large mixing bowl. In a separate bowl, mix together the ricotta, mozzarella, and 1/3 cup sugar.
- Place the butter in a large liquid measuring cup or bowl with a spout.
- Heat the butter in a microwave until completely melted, and let it sit for several minutes until a thick white foam has formed on top. Clarify the butter by using a spoon to skim off the foam.
- Carefully pour the butter into the bowl of phyllo dough. Avoid pouring in the white milk solids at the bottom of the clarified butter. Use your hands to mix the butter and dough together. Make sure that the butter is absorbed by taking handfuls of the dough and rubbing it between your palms.
- Evenly spread the buttered phyllo dough into a 9x13-inch pan and firmly press it into the bottom and edges.
- Spread the cheese mixture onto the dough, avoiding the edges of the pan.
- Bake in the preheated oven until the cheese is slightly golden and the edges of dough are brown and bubbly, 30 to 35 minutes.

- While the kanafa is baking, prepare the syrup.
- Combine the water and 1/2 cup sugar in a small saucepan. Bring the mixture to a boil over medium-high heat. Reduce the heat to medium and stir in the lemon juice. Simmer, stirring constantly, until the sugar is dissolved and the mixture is thickened, 5 to 7 minutes. (Do not let the mixture turn golden and caramelize.)
- Remove from heat and add the rose water; set aside.
- Remove the kanafa from the oven.
- Place a large platter or baking sheet over the baking dish. Using oven mitts, carefully invert the baking dish onto the platter so the phyllo is on top.
- Pour the syrup over the kanafa.
- Cut into pieces and serve while hot.

Nutrition Facts

PROTEIN 7.56%

FAT 60.61%

CARBS 31.83%

Properties

Glycemic Index:10.81, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:5.8869565323643%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 376.16kcal (18.81%), Fat: 25.6g (39.39%), Saturated Fat: 15.43g (96.43%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.67g (10.79%), Sugar: 13.54g (15.04%), Cholesterol: 69.12mg (23.04%), Sodium: 219.71mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Selenium: 12.73µg (18.19%), Vitamin A: 743.41IU (14.87%), Vitamin B1: 0.17mg (11.38%), Vitamin B2: 0.19mg (11.17%), Calcium: 105.55mg (10.55%), Phosphorus: 99.37mg (9.94%), Folate: 31.28µg (7.82%), Manganese: 0.15mg (7.47%), Vitamin B3: 1.28mg (6.39%), Iron: 1.12mg (6.24%), Vitamin B12: 0.31µg (5.09%), Zinc: 0.72mg (4.79%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.43µg (2.85%), Vitamin K: 2.83µg (2.69%), Magnesium: 9.7mg (2.43%), Fiber: 0.58g (2.3%), Copper: 0.04mg (2.16%), Vitamin B5: 0.19mg (1.88%), Potassium: 63.87mg (1.82%), Vitamin B6: 0.02mg (1.24%)