



Kanafeh/Kunefe (Sweet Cheese Pastry)

READY IN



35 min.

SERVINGS



12

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 2 cups goat cheese crumbled for an hour (soaked in water)
- ☐ 0.5 pound phyllo shredded thawed (called: kataifi or kunefe)
- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.5 cup simple syrup or
- ☐ 0.5 cup butter unsalted melted

Equipment

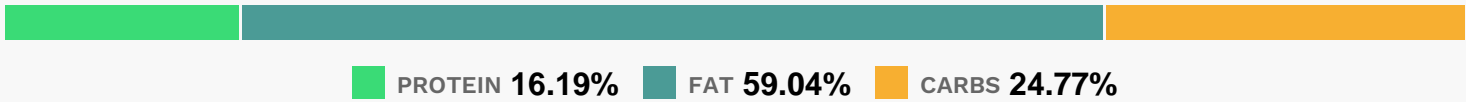
- ☐ food processor
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Break the pastry apart into one or two inch long pieces, separating the strands. (A few pulses of a food process helps with this.)
- ☐ Mix the butter into the pastry with your hands in a large bowl until coated and press half of it into the bottom of a greased metal baking pan in a thin layer.Pulse the cheeses in a food processor until the mixture reaches the consistency of a coarse meal and press it into the dough in the pan.Press the remaining dough onto the cheese and bake in a preheated 350F oven until lightly golden brown, about 20–30 minutes.
- ☐ Serve warm covered in syrup or topped with apple and/or pear sauce.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:5.5595652227816%

Nutrients (% of daily need)

Calories: 327.05kcal (16.35%), Fat: 22.44g (34.53%), Saturated Fat: 12.83g (80.17%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 21.19g (7.7%), Sugar: 10.81g (12.01%), Cholesterol: 52.49mg (17.5%), Sodium: 304.76mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Phosphorus: 166.33mg (16.63%), Calcium: 151.33mg (15.13%), Vitamin A: 753.37IU (15.07%), Copper: 0.28mg (14.17%), Vitamin B2: 0.21mg (12.25%), Vitamin B12: 0.51µg (8.56%), Iron: 1.31mg (7.27%), Selenium: 4.43µg (6.32%), Zinc: 0.93mg (6.19%), Vitamin B6: 0.1mg (5.09%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.29mg (2.94%), Magnesium: 11.38mg (2.85%), Vitamin D: 0.37µg (2.45%), Manganese: 0.04mg (2.19%), Vitamin E: 0.32mg (2.15%), Vitamin K: 1.77µg (1.69%), Folate: 6.13µg (1.53%)