



Spinach and Feta Puff Pastry Bites



Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound feta cheese firm crumbled
- ☐ 10 ounce pkt spinach frozen
- ☐ 2 cloves garlic pressed
- ☐ 1 dash nutmeg
- ☐ 20 grinds pepper black
- ☐ 9 by5-inch piece of packaged puff pastry

Equipment

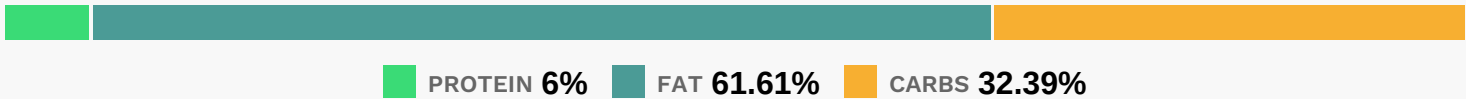
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Thaw frozen spinach in microwave according to package directions or by running under warm water.
- ☐ Drain spinach, squeezing the excess liquid from it. In a bowl, mix the spinach, feta, garlic, pepper, and nutmeg together.
- ☐ Flour a clean, dry countertop or other flat working surface.
- ☐ Lay out the puff pastry on the floured surface. Flour the top of the dough.
- ☐ Roll out the puff pastry until it is half as thick (about 1/8-inch) and about 24 by 12 inches. Trim edges to size if necessary.
- ☐ Cut into 3-inch strips crosswise and lengthwise, making 32 (3-inch) squares. Make sure the squares are well floured then stack them in a little pile.
- ☐ Fill a little dish with some room temperature water. Imagine each square you work with is separated in half by a diagonal.
- ☐ Place a couple teaspoons of filling in the top half. Dip a finger into the water and moisten the edges of the top half with water. Fold the bottom half to meet the edges of the top half. Use a fork to seal the edges.
- ☐ Place finished pockets on a nonstick baking sheet and bake about 15 minutes until golden brown and puffy.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:16.96, Inflammation Score:-7, Nutrition Score:10.043478365826%

Nutrients (% of daily need)

Calories: 393.65kcal (19.68%), Fat: 27.1g (41.69%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 30.61g (11.13%), Sugar: 0.58g (0.65%), Cholesterol: 3.15mg (1.05%), Sodium: 218.69mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Vitamin K: 45.14µg (42.99%), Selenium: 17.8µg (25.42%), Manganese: 0.48mg (24.17%), Vitamin A: 1057.94IU (21.16%), Vitamin B1: 0.29mg (19.28%), Folate: 67.86µg (16.97%), Vitamin B3: 2.96mg (14.8%), Vitamin B2: 0.25mg (14.48%), Iron: 2.02mg (11.22%), Phosphorus: 58.97mg (5.9%), Fiber: 1.46g (5.84%), Copper: 0.1mg (5.08%), Magnesium: 19.52mg (4.88%), Vitamin E: 0.64mg (4.28%), Calcium: 38.96mg (3.9%), Zinc: 0.53mg (3.51%), Vitamin B6: 0.05mg (2.45%), Potassium: 84.05mg (2.4%)