



Tiropetes

 Vegetarian

READY IN



60 min.

SERVINGS



100

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter divided melted
- ☐ 3 egg yolks
- ☐ 1 pound feta cheese crumbled
- ☐ 2 tablespoons flat parsley italian chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups milk hot
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 16 ounce phyllo dough frozen thawed

☐ 100 servings salt and pepper white to taste

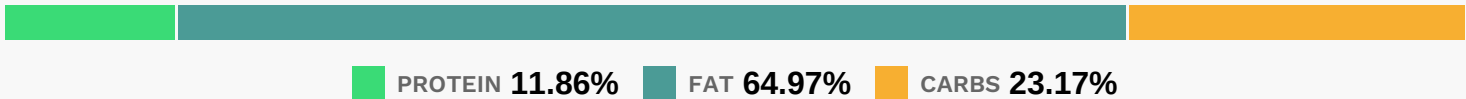
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Whisk in the flour until smooth. Gradually stir in the hot milk so that no lumps form. Cook, stirring constantly, until the sauce thickens enough to coat a metal spoon. Season with salt and white pepper, remove from the heat and set aside to cool.
- ☐ When the sauce is cooled, stir in the feta cheese, egg yolks, Monterey jack cheese, 3 tablespoons melted butter and parsley.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Cut the sheets of phyllo dough into strips about 3 inches wide. Use one stack at a time, covering the rest with a damp towel to keep them from drying out.
- ☐ Lay out one piece of phyllo at a time.
- ☐ Brush with butter, and place about 1 teaspoon of the cheese mixture on one end. Fold one corner up to match the other edge. Continue folding in triangle shape until you reach the end of the strip.
- ☐ Place on a baking sheet, and continue with the remaining strips of dough.
- ☐ Bake for 15 to 20 minutes in the preheated oven, or until golden brown. These can also be prepared ahead of time, and frozen after folding.
- ☐ Bake when ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.5434782725313%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.59kcal (2.58%), Fat: 3.73g (5.74%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.25g (0.28%), Cholesterol: 16.34mg (5.45%), Sodium: 290.95mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin B2: 0.07mg (4.1%), Calcium: 38.8mg (3.88%), Selenium: 2.4µg (3.42%), Phosphorus: 31.57mg (3.16%), Vitamin B1: 0.04mg (2.49%), Vitamin A: 106.99IU (2.14%), Vitamin B12: 0.13µg (2.11%), Folate: 7.04µg (1.76%), Vitamin K: 1.71µg (1.63%), Zinc: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.33%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.25mg (1.26%), Iron: 0.22mg (1.2%)