



Tiropitas

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter melted
- 16 ounce curd cottage cheese
- 5 eggs beaten
- 8 ounces feta cheese crumbled
- 16 ounce dough frozen thawed

Equipment

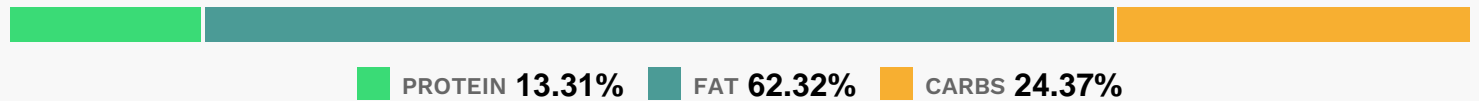
- bowl
- oven

baking pan

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- In a large bowl, mix together the cottage cheese, eggs and feta cheese until well blended.
- Brush melted butter onto one sheet of phyllo dough at a time, and layer them in the bottom of a 9x13 inch baking dish until you have 7 sheets.
- Let the sheets rest up against the sides of the dish as well.
- Spread the cheese mixture over the phyllo layers, then repeat the process with 7 more sheets, tucking in the sides around the edges.
- Bake for about 30 minutes in the preheated oven, until golden brown and crisp.
- Cut into squares and serve warm.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:5.87, Inflammation Score:-4, Nutrition Score:7.1539130573687%

Nutrients (% of daily need)

Calories: 271.5kcal (13.57%), Fat: 18.78g (28.89%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.99g (5.81%), Sugar: 0.87g (0.96%), Cholesterol: 99.09mg (33.03%), Sodium: 498.57mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.05%), Selenium: 15.84µg (22.64%), Vitamin B2: 0.33mg (19.42%), Phosphorus: 144.74mg (14.47%), Vitamin B1: 0.19mg (12.6%), Calcium: 107.64mg (10.76%), Vitamin A: 528.3IU (10.57%), Folate: 39.77µg (9.94%), Vitamin B12: 0.51µg (8.47%), Manganese: 0.14mg (7.17%), Iron: 1.27mg (7.03%), Vitamin B3: 1.34mg (6.7%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.85mg (5.67%), Vitamin B6: 0.11mg (5.27%), Vitamin E: 0.54mg (3.63%), Magnesium: 11.15mg (2.79%), Copper: 0.05mg (2.56%), Vitamin D: 0.36µg (2.4%), Potassium: 81.63mg (2.33%), Fiber: 0.54g (2.15%), Vitamin K: 2µg (1.9%)