



## Traditional Galaktoboureko

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



413 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter melted
- 7 eggs
- 1 teaspoon lemon zest grated
- 6 cups milk
- 12 sheets dough thawed
- 1 cup semolina
- 1 cup water
- 2 cups granulated sugar white

## Equipment

- sauce pan
- oven
- knife
- baking pan
- hand mixer
- wooden spoon
- stove

## Directions

- Pour the milk into a large saucepan, and bring to a boil over medium–low heat.
- Remove from the heat. While you are waiting for the milk to boil, beat the eggs, semolina, and 3/4 cup sugar with an electric mixer until well blended. Use a wooden spoon to stir this into the hot milk. Cook over low heat, stirring constantly until it just starts to bubble.
- Remove from the stove, and stir in 2 tablespoons of butter and 1 teaspoon of lemon zest.
- Preheat the oven to 350 degrees F (175 degrees C). Butter an 9x13 inch baking dish.
- Brush butter onto 6 of the phyllo sheets, and place use them to line the bottom and sides of the baking dish.
- Pour in the semolina mixture, and spread evenly.
- Layer the remaining sheets of phyllo dough over the top, brushing each one with melted butter as you lay it on.
- Sprinkle a few dashes of water over the top. Use a knife to slice through the top layer of pastry in a diagonal pattern.
- Bake for 40 minutes in the preheated oven, or until the crust is golden brown. While the dish bakes, combine 2 cups of sugar, water, and remaining lemon zest in a small saucepan. Bring to a boil, and remove from the heat.
- As soon as the galaktoboureko is removed from the oven, pour hot syrup over it.
- Let it cool before serving. After it has cooled, store in the refrigerator. It will stay good for 4 to 5 days.

## Nutrition Facts

■ PROTEIN 10% ■ FAT 33.23% ■ CARBS 56.77%

## Properties

Glycemic Index:20.84, Glycemic Load:34.28, Inflammation Score:-5, Nutrition Score:11.063478293626%

## Nutrients (% of daily need)

Calories: 413.04kcal (20.65%), Fat: 15.41g (23.71%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 58.32g (21.21%), Sugar: 39.28g (43.64%), Cholesterol: 130.46mg (43.49%), Sodium: 236.86mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Selenium: 27.36µg (39.09%), Vitamin B2: 0.44mg (25.86%), Phosphorus: 209.51mg (20.95%), Vitamin B1: 0.29mg (19.65%), Calcium: 172.31mg (17.23%), Vitamin B12: 0.9µg (15.06%), Folate: 54.56µg (13.64%), Vitamin D: 1.86µg (12.37%), Vitamin A: 572.69IU (11.45%), Vitamin B5: 1mg (9.98%), Manganese: 0.19mg (9.5%), Iron: 1.69mg (9.37%), Vitamin B3: 1.76mg (8.8%), Potassium: 261.57mg (7.47%), Zinc: 1.08mg (7.23%), Vitamin B6: 0.14mg (6.93%), Magnesium: 27.52mg (6.88%), Vitamin E: 0.6mg (4.01%), Fiber: 0.92g (3.69%), Copper: 0.07mg (3.54%), Vitamin K: 1.58µg (1.5%)