



Tyropitakia-Cheese Pies

 Vegetarian

READY IN



110 min.

SERVINGS



20

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound butter melted
- ☐ 0.3 pound cream cheese
- ☐ 2 eggs well beaten
- ☐ 0.5 pound feta crumbled
- ☐ 20 servings grating nutmeg to taste
- ☐ 20 servings parsley chopped to taste
- ☐ 1 package commercial phyllo pastry
- ☐ 0.5 pound ricotta

- ☐ 20 servings bell pepper white to taste
- ☐ 0.5 cup kasseri grated
- ☐ 0.5 cup kasseri grated

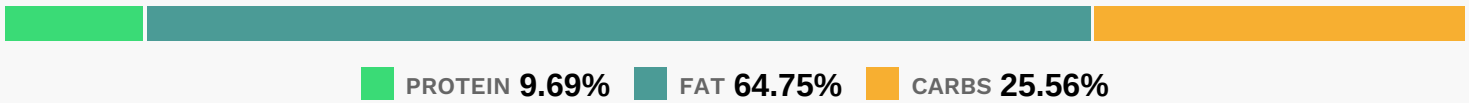
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ To make the filling, combine the all the cheese together with the parsley, nutmeg, pepper, and eggs.
- ☐ Mix well and set aside for 1 hour, refrigerated. Preheat the oven to 350 degrees. Pull phyllo dough from the refrigerator and unroll. Make sure to keep the dough covered at all times while using, because it dries out quickly.
- ☐ Cut the phyllo into 4 strips. (If you want to make smaller tyropitakia, cut into 6 strips.) One strip at a time, brush with the melted butter and place a small dollop of cheese mix in the middle of the top of the strip. Folding the phyllo is like folding a flag, fold the right corner to the left to form a right angle and then upward. Continue folding at right angles until you reach the top and have a triangle.
- ☐ Place the triangles on a baking sheet and bake for about 20 minutes or until golden brown on each side.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:5.1, Inflammation Score:-6, Nutrition Score:9.6530434774316%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 242.81kcal (12.14%), Fat: 17.63g (27.13%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.16g (5.15%), Sugar: 0.91g (1.01%), Cholesterol: 62.35mg (20.78%), Sodium: 347.83mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin K: 67.42µg (64.21%), Vitamin A: 820.6IU (16.41%), Selenium: 10.67µg (15.25%), Vitamin B2: 0.24mg (14.1%), Manganese: 0.26mg (13.2%), Calcium: 107.06mg (10.71%), Vitamin B1: 0.16mg (10.39%), Phosphorus: 100.72mg (10.07%), Folate: 35.64µg (8.91%), Iron: 1.52mg (8.47%), Vitamin C: 5.8mg (7.03%), Fiber: 1.5g (6.01%), Vitamin B3: 1.14mg (5.71%), Zinc: 0.77mg (5.15%), Vitamin B12: 0.3µg (5.02%), Vitamin B6: 0.08mg (3.98%), Copper: 0.08mg (3.89%), Magnesium: 15.52mg (3.88%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.44mg (2.93%), Potassium: 82.6mg (2.36%), Vitamin D: 0.16µg (1.04%)