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## Bureka <sup>••</sup>

Bureka is a traditional pastry dish that originated in the Middle East. It is typically consumed as a snack or appetizer. The pastry is filled with various ingredients such as cheese, meat, or vegetables and then baked until golden and crispy.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 20 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 8

**Serving Size:** 63 g

### Ingredients

500 g	puff pastry
200 g	feta cheese
150 g	spinach
2 pieces	Eggs
1 tsp	Salt

1 tsp Pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 200°C.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Preparation

Thaw the puff pastry according to the package instructions.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, mix the crumbled feta cheese, chopped spinach, eggs, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Roll out the puff pastry and cut it into squares.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Plating

Place a spoonful of the filling in the center of each square.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Cooking

Fold the squares diagonally to form triangles and seal the edges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Cooking

Place the burekas on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 8

Baking

Bake in the preheated oven for 20 minutes or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 10 g

**Carbohydrates:** 30 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

**Cuisines**

Italian

**Course**

Appetizers

Main Dishes

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Snack

Supper

### Difficulty Level

Medium

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