

# Spinach-Feta Filo Roll

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/filo-dough-valentine-s-day-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 8 green onions white and pale green portions
- 1 pound baby spinach chopped
- 3 tablespoons fresh flat leaf parsley finely chopped
- 1/2 teaspoon grated nutmeg freshly
- freshly ground pepper
- salt
- 3 eggs
- 6 ounces feta cheese crumbled
- 6 sheets filo dough thawed
- 4 tablespoons unsalted butter melted and slightly
- 2 tablespoons sesame seeds

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 150 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 11 grams
8. Sodium: 640 milligrams
9. Sugar: 2 grams

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