

Israeli Potato Bourekas (Pareve)

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-potato-bourekas-recipe>

Ingredients:

- 3 russet potatoes medium, peeled and cut into 1-inch pieces
- 2 tablespoons extra virgin olive oil or non-hydrogenated margarine or butter
- sea salt to taste, or kosher salt
- black pepper freshly ground, to taste
- 2 large eggs
- 1 onion finely chopped, optional
- 3 cloves garlic minced, optional
- 1 puff pastry 14- to 16-ounce package, sheets or pre-cut squares
- sesame seeds Garnish:, optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 200 milligrams
9. Sugar: 2 grams

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