

# How to Make Bourekas with Puff Pastry

Yield: 18 min  
Total Time: 80 min

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

## Ingredients:

- 2 sheets puff pastry store bought or homemade
- 18 tablespoons cheese or meat, eggplant, etc.
- 1 egg yolk large
- 1 tablespoon sesame seeds optional
- cooking oil Nonstick, spray

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 110 milligrams

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