GREEK · SNACK

Bouyourdi (Greek Baked Feta and Tomato Dip)

30 min · Serves 6 · 426 kcal a serve · Video 4:31 · Dimitra's Dishes

Vegetarian · Gluten-free ingredients · No nuts listed

A hot meze of feta and gouda baked with tomato, roasted pepper and olive oil: about 21 g protein and under 6 g net carbs a serve, rich in calcium, with most of the energy from fat.

Diet notes: Keto (5.5 g net carbs a serve).

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Ingredients 9 · SERVES 6

- [ ] 1/4 cup **olive oil**
- [ ] 1–2 **Roma tomatoes**, thinly sliced
- [ ] 1 lb **feta cheese**, crumbled
- [ ] 1–2 tsp **dried oregano**
- [ ] 8 oz **gouda cheese**, shredded
- [ ] 2 **roasted red peppers** from a jar, drained and cubed
- [ ] 2 **pepperoncini**
- [ ] a pinch of **crushed red pepper flakes**
- [ ] a little **salt** for the tomatoes

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400 °F. Drizzle 2 tbsp of the olive oil into an 8 inch square baking dish and lay in half the tomato slices. 0:37
2. Scatter over the feta and half the oregano, then half the gouda and the roasted peppers. 0:45
3. Finish with the rest of the gouda and the remaining tomato slices. Drizzle with the rest of the oil and season the tomatoes lightly with salt. 1:38
4. Set the pepperoncini on top and sprinkle with the remaining oregano and the chilli flakes. 1:52
5. Cover with foil and bake 20 minutes, then uncover and grill (broil) 3–5 minutes until golden, watching that it doesn't burn. 2:05

> **Tip** The cook serves it with pita chips, toasted bread or sliced vegetables; for keto, scoop it up with cucumber, celery or capsicum sticks. Best eaten hot from the oven.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
426 kcal	21 g	6.5 g	0.9 g	36 g	1,070 mg
1,780 kJ	41% of a day	5.5 g net · 5.5 g sugars	3% of a day	19 g saturated	46% of a day
		2% of a day		46% of a day	

Energy from net carbs 5% · protein 20% · fat 75% — fits keto: 5.5 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin B12 78% · Calcium 50% · Vitamin C 42% · Zinc 34% · Selenium 31% · Vitamin B6 27% · Omega-3 27% · Vitamin A 23%

Source of (10–19%) Vitamin E 15% · Folate 12% · Vitamin K 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=fk9yN49jMok, published 27 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bouyourdi-greek-baked-feta-dip