

178mm

203mm

20mm

Inspired by traditional family recipes passed down through generations

# BALKAN BITES

## SPINACH & CHEESE — BUREK PIES

spinach, ricotta & feta wrapped in a flaky phyllo crust



serving suggestion

2 BUREKS

KEEP FROZEN • COOK THOROUGHLY  
NET WT 10.6 OZ (300g)



7.5mm

7.5mm

7.5mm

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Feel the warmth of a home-cooked meal without the hassle

### Baking Instructions

Preheat oven to 400°F.  
Place Bureks on a parchment paper-lined sheet pan.  
Bake for ~35 minutes\* or until golden brown, with an internal temperature of 165°F or higher.  
\*Some ovens vary in cooking times.  
UNCOOKED, KEEP FROZEN, COOK, HORIZONTAL.



### Air Fryer

390°  
9-11 MIN  
(FLIP AT 15 MIN)



### Spinach & Cheese Burek Pies

#### Nutrition Facts

2 servings per container  
Serving Size 1 Pie (156g/5.3 oz)  
Amount Per Serving **350** Calories

	% Daily Value*
Total Fat 14g	18%
Total Fiber 2g	26%
Cholesterol 25mg	8%
Sodium 720mg	34%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	8%
Total Sugar 1g	2%
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3.5mg	2%
Total Fat 14g	28%

\*The % Daily Value (DV) tells you how much is present in a serving of food compared to what is in a diet of 2,000 calories a day. It is used for general nutritional advice.

**Ingredients:** Unbleached Enriched Wheat Flour, Water, Eggs, Salt, Nonfat Dry Milk, Riboflavin, Thiamine, Monosorbic Acid, Ascorbic Acid, Water, Spinach, Ricotta Cheese (Whey, Milk, Bacterial Culture, Salt, and/or Modified Milk Ingredients, Bacterial Culture, Calcium Chloride, Microbial Enzyme, and/or Enzymes), Olive Oil, Butter (Milk, Salt).

Contains: WHEAT, MILK.

### What's a Burek?

The most popular street food in the Balkans, Burek (boo-rek) is a portable, stuffed phyllo pie that's flaky on the outside and filled with a variety of fillings. In this case, it's filled with spinach, ricotta, and feta. Burek is often served with a side salad or yogurt for the ultimate meal.

### The UnBurekable Bond

In 2025, Balkan Bites joined forces with Djerida Burek — women-led brands rooted in heritage, heart, and family. What began with three women, each inspired by the recipes of their mothers and grandmothers, grew into businesses devoted to preserving and sharing Southeast European comfort food. Balkan Bites was born from a granddaughter's tribute to her Albanian roots. Djerida Burek was founded in 1997 by a Bosnian family of refugees who turned a small bakery into a national institution. In 2025, the two brands joined forces to bring authentic Balkan women, family tradition, and authentic food — made with love and meant for all.

Thank you for trying Balkan Bites!

Djerida Burek Family

f @balkanbites  
balkanbites.co

BEST IF USED BY

# BALKAN BITES

Made And Packaged In USA  
Manufactured For Balkan Bites LLC  
96 Wesley Street, South Hackensack NJ 07606

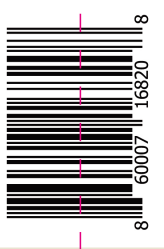
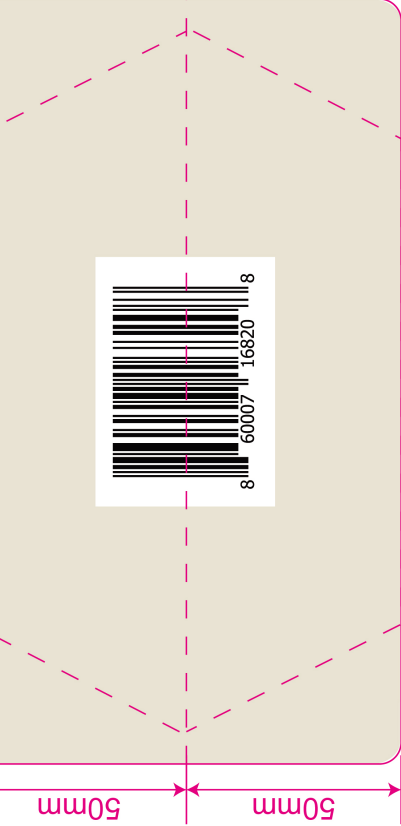
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