



## Asparagus and Walnut Phyllo Pie (aka Asparagus Baklava) with Avgolemono Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



452 kcal

### Ingredients

- ☐ 2 pounds asparagus cleaned trimmed ( and )
- ☐ 1 handful optional: dill chopped ( )
- ☐ 3 egg yolks
- ☐ 0.5 cup feta crumbled ( )
- ☐ 2 cloves garlic chopped ( )
- ☐ 1 juice of lemon (juice)
- ☐ 1 lemon zest (zest)
- ☐ 1.5 cup mozzarella cheese grated ( )

- ☐ 9 servings olive oil
- ☐ 8 ounces phyllo pastry thawed ( as directed on package)
- ☐ 1 cup ricotta
- ☐ 1 cup walnuts toasted chopped ( and )

## Equipment

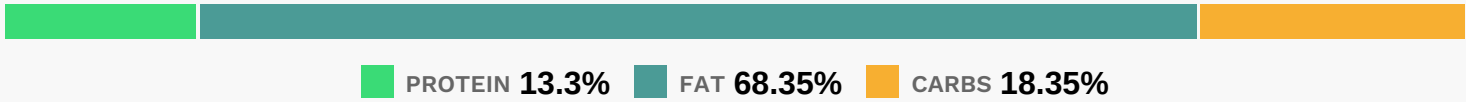
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Cook the asparagus in boiling water until it just turns dark green, about 2 minutes.
- ☐ Drain the water, reserving 1/2 cup of it.
- ☐ Rinse the asparagus under cold water to stop the cooking process.
- ☐ Cut the asparagus into pieces roughly the size of the walnuts.
- ☐ Mix the asparagus, garlic, lemon zest, dill and walnuts in a bowl and set aside.
- ☐ Mix the cheeses.
- ☐ Brush the top of a sheet of phyllo pastry with olive oil and place it in a greased 8 inch square baking pan. Repeat 5 more times.
- ☐ Spread half of the asparagus mixture over the phyllo followed by half of the cheese.
- ☐ Repeat another layer of phyllo, asparagus and cheese and top with a final layer of phyllo.1
- ☐ Cut the pie into pieces shaped as you like.1
- ☐ Bake the pie in a preheated 350F oven until golden brown on top and bubbling on the sides, about 30-45 minutes.1
- ☐ Pull the pie out of the oven and let it cool.1
- ☐ Whisk the egg in small sauce pan until frothy.1
- ☐ Slowly whisk in the lemon juice followed by the reserved asparagus water.1

- ☐
- Whisk the mixture over medium heat until it thickens, about 5–10 minutes.1
- ☐
- Plate the phyllo pie and drizzle with the avgolemono sauce when ready to serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:6.1, Inflammation Score:-8, Nutrition Score:19.368260777515%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.18mg, Quercetin: 14.18mg, Quercetin: 14.18mg, Quercetin: 14.18mg

Nutrients (% of daily need)

Calories: 451.72kcal (22.59%), Fat: 35.25g (54.24%), Saturated Fat: 9.56g (59.78%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.73g (6.45%), Sugar: 2.7g (3%), Cholesterol: 101.02mg (33.67%), Sodium: 362.59mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.86%), Vitamin K: 52.28µg (49.79%), Manganese: 0.75mg (37.44%), Selenium: 20.71µg (29.58%), Phosphorus: 278.84mg (27.88%), Vitamin B2: 0.46mg (26.95%), Folate: 104.31µg (26.08%), Calcium: 242.5mg (24.25%), Vitamin B1: 0.36mg (24%), Vitamin E: 3.51mg (23.39%), Vitamin A: 1144.3IU (22.89%), Copper: 0.44mg (22.05%), Iron: 3.85mg (21.41%), Zinc: 2.32mg (15.5%), Fiber: 3.56g (14.25%), Vitamin B12: 0.78µg (12.95%), Vitamin B6: 0.26mg (12.77%), Magnesium: 47.61mg (11.9%), Vitamin B3: 2.3mg (11.51%), Vitamin C: 8.27mg (10.02%), Potassium: 342.55mg (9.79%), Vitamin B5: 0.78mg (7.82%), Vitamin D: 0.49µg (3.25%)