



Baba Luba's Banitsa (Spinach Pie)

READY IN



75 min.

SERVINGS



20

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 large eggs lightly beaten
- 8 ounces feta cheese
- 20 ounce spinach frozen thawed
- 0.5 cup butter
- 1.5 pounds sheets dough thawed (12 by 17 inches)
- 8 tablespoons butter unsalted (1 stick)

Equipment

- bowl

- baking sheet
- sauce pan
- oven
- wire rack
- pastry brush

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Using both hands, squeeze out as much liquid from the spinach as possible. (Excess liquid will make the banitsa soggy.)
- Place in a large bowl. Melt the butter and margarine in a small saucepan over low heat; set aside. Rinse the feta under cold water.
- Cut it into small dice, then mash it lightly with the back of a fork to crumble it further.
- Add it to the bowl of spinach.
- Add the eggs and stir to combine.
- Place the phyllo on a work surface. Using a pastry brush, brush the entire surface of a 12-by-17-inch rimmed baking sheet with the reserved butter mixture. Working quickly so as not to dry out the phyllo, gently slide 2 sheets onto the baking sheet.
- Drizzle with a tablespoon of the butter mixture. Repeat until you have 6 layers of phyllo.
- Spread half of the spinach mixture evenly over the phyllo. Cover the spinach with 2 more sheets of phyllo and drizzle with a tablespoon of the butter mixture. Repeat until you have 4 layers of phyllo.
- Spread the remaining spinach mixture evenly over the phyllo. Cover the spinach with 2 more sheets of phyllo and drizzle with a tablespoon of the butter mixture. Repeat until you have 5 layers of phyllo. Evenly brush the entire surface of the top layer with the remaining butter mixture. Push the edges down slightly to seal.
- Bake for 15 minutes. Check the banitsa: If the top is golden brown already, reduce the oven temperature to 350°F. Continue to bake, checking occasionally to make sure the banitsa is not too brown, until puffed, flaky, and golden brown, about 15 to 30 minutes more.
- Remove the baking sheet to a wire rack and cool slightly before cutting and serving.

Nutrition Facts



■ PROTEIN 11.57% ■ FAT 56.09% ■ CARBS 32.34%

Properties

Glycemic Index:3.25, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:16.249130316403%

Nutrients (% of daily need)

Calories: 242.4kcal (12.12%), Fat: 15.18g (23.35%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 18.22g (6.63%), Sugar: 0.3g (0.34%), Cholesterol: 77.93mg (25.98%), Sodium: 390mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.09%), Vitamin K: 106.95µg (101.86%), Vitamin A: 3796.06IU (75.92%), Selenium: 15.99µg (22.84%), Folate: 81.95µg (20.49%), Vitamin B2: 0.35mg (20.46%), Manganese: 0.37mg (18.46%), Vitamin B1: 0.23mg (15.67%), Phosphorus: 109.97mg (11%), Iron: 1.97mg (10.92%), Calcium: 107.66mg (10.77%), Vitamin E: 1.33mg (8.89%), Vitamin B3: 1.66mg (8.28%), Magnesium: 30.6mg (7.65%), Vitamin B6: 0.13mg (6.66%), Fiber: 1.47g (5.87%), Vitamin B12: 0.34µg (5.67%), Zinc: 0.85mg (5.67%), Vitamin B5: 0.48mg (4.8%), Copper: 0.09mg (4.53%), Potassium: 154.72mg (4.42%), Vitamin D: 0.43µg (2.86%), Vitamin C: 1.57mg (1.9%)