



Deep-Dish Spanakopita

READY IN



100 min.

SERVINGS



8

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 ounce baby spinach fresh
- 0.3 cup butter melted
- 1 tablespoon butter
- 2 ounces cream cheese cubed softened
- 0.3 cup tomatoes dried chopped in oil
- 8 ounce feta cheese crumbled
- 1 tablespoon flour all-purpose
- 3 garlic cloves minced
- 1 cup green onions chopped

- 1 cup milk
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.5 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper
- 16 ounce phyllo pastry (frozen with athens) thawed
- 0.8 teaspoon salt divided
- 0.3 cup water

Equipment

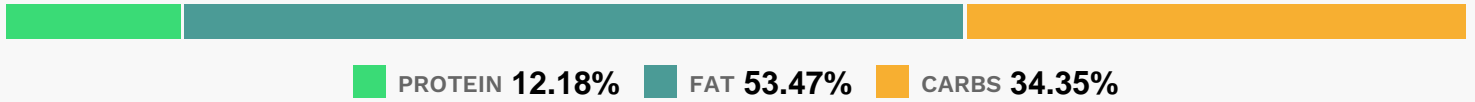
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- dutch oven
- colander

Directions

- Heat olive oil in a Dutch oven over medium-high heat until hot.
- Add green onions and garlic; saut 3 minutes or until tender.
- Add spinach and water; cover and cook 8 minutes or until spinach wilts. Cool spinach completely in a colander set over a bowl. Return cooled spinach to pan.
- Add cheeses, tomatoes, oregano, 1/2 teaspoon salt, and pepper, stirring well to combine.
- Trim phyllo sheets to 13" x 9", if necessary.
- Layer 8 sheets of phyllo in a lightly greased 13" x 9" baking dish, using half of melted butter to brush between sheets. (Keep remaining phyllo covered with a damp cloth.)

- Bake at 400 on lowest oven rack for 6 minutes or until lightly browned; set aside.
- Melt 1 tablespoon butter in a small saucepan over medium heat. Stir in flour; cook 1 minute. Gradually whisk in milk. Cook over medium heat 2 minutes, whisking constantly.
- Whisk in cream cheese and remaining 1/4 teaspoon salt.
- Spread spinach filling over baked phyllo crust; drizzle with white sauce.
- Layer remaining phyllo sheets over filling using remaining half of melted butter to brush between sheets. Using a sharp knife, score top layer of phyllo into 8 portions.
- Bake at 400 on middle oven rack 30 minutes or until pastry is golden.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:28.796956466592%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 458.83kcal (22.94%), Fat: 27.65g (42.54%), Saturated Fat: 13.88g (86.76%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 36.57g (13.3%), Sugar: 3.72g (4.14%), Cholesterol: 65.58mg (21.86%), Sodium: 1087.14mg (47.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin K: 342.29µg (325.99%), Vitamin A: 6739IU (134.78%), Manganese: 0.99mg (49.35%), Folate: 196.75µg (49.19%), Vitamin B2: 0.67mg (39.47%), Calcium: 331.1mg (33.11%), Selenium: 22.35µg (31.92%), Vitamin B1: 0.46mg (30.42%), Phosphorus: 270.09mg (27.01%), Vitamin C: 21.98mg (26.64%), Iron: 4.45mg (24.73%), Magnesium: 81.51mg (20.38%), Potassium: 646.74mg (18.48%), Vitamin B3: 3.55mg (17.76%), Vitamin B6: 0.33mg (16.29%), Vitamin E: 2.38mg (15.87%), Fiber: 3.4g (13.6%), Zinc: 2.02mg (13.46%), Vitamin B12: 0.76µg (12.71%), Copper: 0.22mg (11.05%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 0.48µg (3.2%)