




Greek Phyllo Pie with Garlicky Greens and Feta


 Vegetarian  Very Healthy

READY IN




45 min.

SERVINGS



10

CALORIES



195 kcal

Ingredients

- 0.7 cup rice long-grain hot cooked
- 12 ounce carton cottage cheese 1% low-fat
- 3 large egg whites
- 1 cup fennel bulb chopped
- 4 ounce feta cheese crumbled
- 4 garlic cloves minced
- 0.3 teaspoon ground nutmeg
- 0.1 teaspoon ground pepper red

- 1 pound kale chopped
- 1 tablespoons teaspoon mint dried fresh chopped
- 1 tablespoon olive oil divided
- 2 cups onion chopped
- 11 sheets phyllo dough frozen thawed
- 0.5 teaspoon salt
- 1.5 pounds swiss chard chopped
- 2 cups water

Equipment

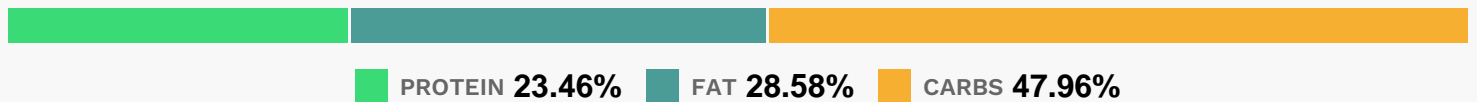
- bowl
- frying pan
- paper towels
- oven
- dutch oven
- tart form

Directions

- Bring 2 cups water to a boil in a Dutch oven.
- Add kale; cover and cook 4 minutes. Stir in Swiss chard; cover and cook 3 minutes.
- Drain well, and cool.
- Place greens on paper towels, and squeeze until barely moist.
- Place greens in a large bowl; set aside.
- Heat 2 teaspoons olive oil in pan over medium heat.
- Add onion and fennel; saut 10 minutes or until soft. Stir onion mixture, rice, and next 8 ingredients (rice through feta) into greens. Set aside.
- Preheat oven to 35
- Gently press 1 sheet of phyllo into an 11-inch round removable-bottom tart pan coated with cooking spray, allowing ends to extend over edges of pan; lightly coat with cooking spray.

- Place second sheet of phyllo over first sheet to form a crisscross design; lightly coat phyllo with cooking spray. Repeat procedure with 5 sheets of phyllo and cooking spray, pressing sheets down into pan. Spoon greens mixture over phyllo in pan. Cover greens mixture with 1 sheet of phyllo, continuing crisscross design; lightly coat phyllo with cooking spray. Repeat procedure with 2 sheets of phyllo and cooking spray. Cover with remaining sheet of phyllo. Fold in edges of phyllo to fit pan and form a rim.
- Brush with 1 teaspoon oil.
- Cut 5 slits in top of dough to allow steam to escape.
- Bake at 350 for 50 minutes or until golden brown.
- Let stand for 5 minutes.
- Note: If you can find packages of fresh phyllo dough, the delicate sheets will be easier to work with (they separate more readily) than the frozen variety. Look for fresh phyllo dough in ethnic markets or specialty-food shops.

Nutrition Facts



Properties

Glycemic Index:44.2, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:25.453478245632%

Flavonoids

Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 12.31mg, Isorhamnetin: 12.31mg, Isorhamnetin: 12.31mg, Isorhamnetin: 12.31mg Kaempferol: 25.39mg, Kaempferol: 25.39mg, Kaempferol: 25.39mg, Kaempferol: 25.39mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 18.28mg, Quercetin: 18.28mg, Quercetin: 18.28mg, Quercetin: 18.28mg

Nutrients (% of daily need)

Calories: 195.03kcal (9.75%), Fat: 6.38g (9.82%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 19.8g (7.2%), Sugar: 3.88g (4.31%), Cholesterol: 11.45mg (3.82%), Sodium: 678.69mg (29.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin K: 748.86µg (713.2%), Vitamin A: 8798.55IU (175.97%), Vitamin C: 66.74mg (80.9%), Manganese: 0.79mg (39.43%), Vitamin B2: 0.5mg (29.46%), Calcium: 247.26mg (24.73%), Magnesium: 85.41mg (21.35%), Selenium: 13.82µg (19.74%), Folate: 73.56µg (18.39%), Phosphorus: 177.75mg (17.77%), Fiber: 4.28g (17.13%), Potassium: 578.41mg (16.53%), Iron: 2.96mg (16.45%), Vitamin

B1: 0.24mg (15.82%), Vitamin B6: 0.28mg (14.03%), Vitamin E: 1.9mg (12.65%), Copper: 0.22mg (11.07%), Vitamin B3: 1.98mg (9.9%), Zinc: 1.13mg (7.55%), Vitamin B12: 0.41µg (6.91%), Vitamin B5: 0.53mg (5.32%)