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health-score 68%
HEALTH SCORE

Greek Platter

☒ Vegetarian ☒ Very Healthy

READY IN

ready

105 min.

SERVINGS

servings

6

CALORIES

calories

1266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 cups chickpeas canned drained
- ☐ 2 tablespoons liquid from the chickpeas
- ☐ 3 tablespoons bread crumbs plain dry
- ☐ 6 extra large eggs beaten
- ☐ 0.5 pound feta good cut into 1/2-inch cubes
- ☐ 6 servings feta with olive oil sliced
- ☐ 30 ounce pkt spinach frozen chopped

- ☐ 4 garlic cloves minced
- ☐ 1 leaves grape stuffed with rice
- ☐ 6 servings greek olives
- ☐ 6 servings hummus drizzled with olive oil and topped with toasted pine nuts see recipe,
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 6 tablespoons juice of lemon freshly squeezed 2 lemons
- ☐ 2 teaspoons nutmeg grated
- ☐ 2 tablespoons olive oil good
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 6 sheets phyllo dough
- ☐ 0.5 cup pignoli pine nuts
- ☐ 6 servings pita bread cut in triangles
- ☐ 0.3 pound butter salted melted
- ☐ 6 servings spinach pie sliced cut in slices see recipe
- ☐ 8 dashes all the tabasco sauce you handle
- ☐ 0.3 cup tahini sesame paste
- ☐ 6 servings tomatoes sliced
- ☐ 6 servings tomatoes whole
- ☐ 3 cups onions yellow chopped 2 onions

Equipment

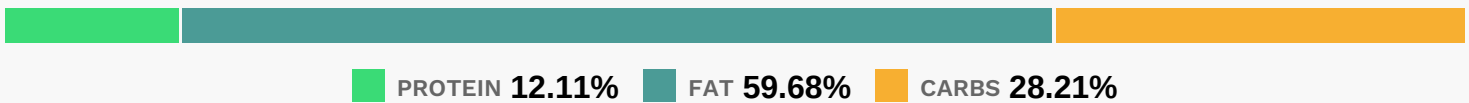
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.

- ☐ Arrange the food items decoratively on a platter and serve.
- ☐ Preheat the oven to 375 degrees.
- ☐ In a medium saute pan on medium heat, saute the onions with the olive oil until translucent and slightly browned, 10 to 15 minutes.
- ☐ Add the salt and pepper and allow to cool slightly.
- ☐ Squeeze out and discard as much of the liquid from the spinach as possible.
- ☐ Put the spinach into a bowl and then gently mix in the onions, eggs, nutmeg, Parmesan cheese, bread crumbs, feta, and pignoli.
- ☐ Butter an ovenproof, nonstick, 8-inch saute pan and line it with 6 stacked sheets of phyllo dough, brushing each with melted butter and letting the edges hang over the pan.
- ☐ Pour the spinach mixture into the middle of the phyllo and neatly fold the edges up and over the top to seal in the filling.
- ☐ Brush the top well with melted butter.
- ☐ Bake for 1 hour, until the top is golden brown and the filling is set.
- ☐ Remove from the oven and allow to cool completely.
- ☐ Serve at room temperature.
- ☐ Place all the ingredients in the bowl of a food processor fitted with a steel blade and process until the hummus is coarsely pureed. Taste for seasoning and serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:98.51, Glycemic Load:41.24, Inflammation Score:-10, Nutrition Score:63.509999814241%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 19.61mg, Quercetin: 19.61mg, Quercetin: 19.61mg, Quercetin: 19.61mg

19.61mg, Quercetin: 19.61mg, Quercetin: 19.61mg

Nutrients (% of daily need)

Calories: 1265.98kcal (63.3%), Fat: 86.9g (133.7%), Saturated Fat: 25.2g (157.49%), Carbohydrates: 92.44g (30.81%), Net Carbohydrates: 75.34g (27.4%), Sugar: 15.84g (17.6%), Cholesterol: 289.85mg (96.62%), Sodium: 3186.73mg (138.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.68g (79.36%), Vitamin K: 731.17µg (696.35%), Vitamin A: 23546.27IU (470.93%), Manganese: 3.83mg (191.49%), Folate: 451.23µg (112.81%), Vitamin E: 14.4mg (95.99%), Vitamin C: 78.79mg (95.5%), Phosphorus: 795.56mg (79.56%), Vitamin B2: 1.27mg (74.93%), Magnesium: 278.13mg (69.53%), Fiber: 17.11g (68.42%), Calcium: 683.97mg (68.4%), Selenium: 47.32µg (67.6%), Vitamin B1: 1mg (66.81%), Vitamin B6: 1.32mg (65.83%), Potassium: 2102.88mg (60.08%), Copper: 1.18mg (58.99%), Iron: 9.97mg (55.38%), Zinc: 6.38mg (42.55%), Vitamin B3: 7.34mg (36.68%), Vitamin B5: 2.41mg (24.07%), Vitamin B12: 1.3µg (21.66%), Vitamin D: 1.31µg (8.75%)