



Greek Spanakopita Pie

READY IN



90 min.

SERVINGS



6

CALORIES



315 kcal

Ingredients

- ☐ 1 lb ground beef lean
- ☐ 1 cup onion chopped (1 large)
- ☐ 9 oz spinach frozen dry thawed
- ☐ 0.3 cup parsley fresh italian chopped (flat-leaf)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 15 oz tomatoes diced with italian-style herbs, undrained canned
- ☐ 12 sheets athens phyllo shells frozen thawed (filo) ()
- ☐ 6 tablespoons butter melted
- ☐ 0.3 cup breadcrumbs italian

☐ 4 oz feta cheese crumbled

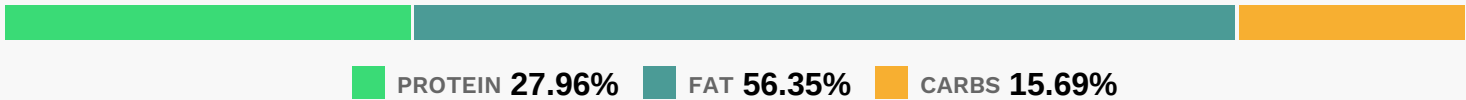
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 9-inch pie plate with cooking spray.
- ☐ In 10-inch skillet, cook beef and onion over medium-high heat, stirring frequently; drain. Stir in spinach, parsley, salt, pepper, and all but 1/2 cup of the tomatoes. Cook and stir until hot; set aside.
- ☐ Cover phyllo sheets with damp paper towel. Arrange sheets, layering 3 at a time, in an X shape and then in a + shape to create a spoke pattern on work surface, brushing each with butter and sprinkling with 1 teaspoon of the bread crumbs as it is added.
- ☐ Transfer all layers of phyllo to pie plate, gently easing dough down sides of pie plate and allowing excess dough to hang over edge.
- ☐ Place beef mixture in pie plate; top with feta cheese. Fold overhanging phyllo up and over filling, leaving 2- to 3-inch center of filling uncovered. Spoon remaining 1/2 cup tomatoes in center.
- ☐ Brush phyllo with butter.
- ☐ Bake 40 to 50 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:26.164782596671%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 315.19kcal (15.76%), Fat: 20.01g (30.79%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 9.84g (3.58%), Sugar: 3.39g (3.77%), Cholesterol: 63.69mg (21.23%), Sodium: 763.56mg (33.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Vitamin K: 202.35µg (192.72%), Vitamin A: 5861.45IU (117.23%), Vitamin B12: 2.04µg (34.04%), Zinc: 4.87mg (32.46%), Vitamin B6: 0.57mg (28.47%), Selenium: 19.89µg (28.41%), Vitamin B3: 5.43mg (27.14%), Phosphorus: 267.64mg (26.76%), Vitamin B2: 0.45mg (26.39%), Manganese: 0.46mg (22.88%), Folate: 90.99µg (22.75%), Iron: 3.85mg (21.4%), Calcium: 199.31mg (19.93%), Potassium: 622.3mg (17.78%), Vitamin C: 14.26mg (17.28%), Magnesium: 66.33mg (16.58%), Vitamin E: 2.42mg (16.16%), Vitamin B1: 0.19mg (12.76%), Fiber: 2.7g (10.81%), Copper: 0.2mg (10.06%), Vitamin B5: 0.87mg (8.72%), Vitamin D: 0.15µg (1.01%)