



Greek Spinach-and-Cheese Pastries

 Vegetarian

READY IN



45 min.

SERVINGS



66

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.5 cup dillweed fresh chopped
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.8 cup green onions thinly sliced
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce phyllo pastry frozen thawed 22 sheets

- ☐ 0.5 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded

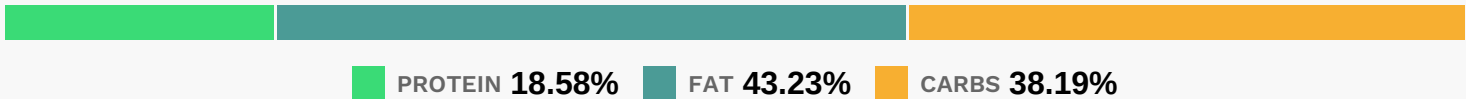
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Combine first 9 ingredients in a large bowl; set aside.
- ☐ Unfold phyllo, and cover with a slightly damp towel to prevent pastry from drying out.
- ☐ Place 1 sheet of phyllo on a flat surface covered with wax paper; coat with cooking spray. Top with another sheet of phyllo; coat with cooking spray.
- ☐ Cut crosswise into 6 (2 1/2-inch-wide) strips.
- ☐ Place 1 tablespoon spinach mixture at base of each strip; fold the right bottom corner over to form a triangle. Continue folding back and forth into a triangle, gently pressing corners together.
- ☐ Place triangles, seam side down, on ungreased baking sheets; coat triangles lightly with cooking spray.
- ☐ Repeat procedure with remaining phyllo sheets, cooking spray, and spinach mixture.
- ☐ Bake pastries at 350 for 12 to 14 minutes or until golden.
- ☐ Serve immediately.
- ☐ Note: Unbaked appetizers may be frozen up to 2 weeks. Freeze on baking sheets until hard; then freeze in airtight containers.
- ☐ Bake, unthawed, as directed above.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:5.0743479210397%

Flavonoids

Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 44.48kcal (2.22%), Fat: 2.15g (3.31%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.12g (0.13%), Cholesterol: 10.6mg (3.53%), Sodium: 102.04mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin K: 42.07µg (40.06%), Vitamin A: 1134.36IU (22.69%), Folate: 22.44µg (5.61%), Selenium: 3.82µg (5.46%), Manganese: 0.1mg (5.12%), Vitamin B2: 0.08mg (4.8%), Calcium: 47.68mg (4.77%), Phosphorus: 34.82mg (3.48%), Vitamin B1: 0.05mg (3.38%), Iron: 0.5mg (2.75%), Magnesium: 9.57mg (2.39%), Vitamin E: 0.31mg (2.06%), Zinc: 0.29mg (1.93%), Vitamin C: 1.59mg (1.93%), Vitamin B3: 0.36mg (1.81%), Fiber: 0.43g (1.73%), Vitamin B6: 0.03mg (1.54%), Potassium: 49mg (1.4%), Vitamin B12: 0.08µg (1.32%), Copper: 0.02mg (1.22%)