



 **77%**
HEALTH SCORE

Greek Spinach Pie

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons breadcrumbs dry divided fine
- 0.5 cup egg substitute frozen thawed
- 1 egg white
- 0.5 cup basil- and tomato-flavored feta cheese crumbled
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 large clove garlic minced
- 1 teaspoon lemon-pepper seasoning salt-free
- 1 cup curd cottage cheese 1% low-fat

- 0.7 cup nonfat buttermilk
- 0.5 cup onion chopped
- 1 tablespoon oregano fresh chopped
- 0.3 teaspoon pepper
- 6 sheets phyllo pastry frozen thawed
- 3 plum tomatoes cut lengthwise into wedges

Equipment

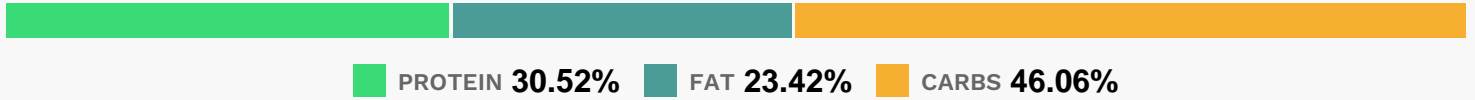
- food processor
- bowl
- frying pan
- paper towels
- oven
- knife
- baking pan

Directions

- Press spinach between paper towels to remove excess moisture; set spinach aside.
- Position knife blade in food processor bowl.
- Add cottage cheese and next 5 ingredients; process until smooth.
- Add spinach, onion, and next 3 ingredients; process 45 seconds.
- Coat an 11- x 7- x 1 1/2-inch baking dish with cooking spray.
- Cut phyllo sheets in half crosswise.
- Place 1 half-sheet of phyllo in bottom of dish (keep remaining phyllo covered). Lightly coat phyllo with cooking spray, and sprinkle with 1 teaspoon breadcrumbs. Repeat layers six times, coating each with cooking spray and sprinkling with 1 teaspoon breadcrumbs. Top with 1 half-sheet of phyllo; lightly coat with cooking spray.
- Spread spinach mixture over phyllo in pan. Top spinach mixture with remaining 4 phyllo half-sheets, coating each with cooking spray.
- Bake at 350 for 40 minutes or until golden.

Serve with tomato wedges.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:28.37304348531%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 271.54kcal (13.58%), Fat: 7.19g (11.06%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 27.39g (9.96%), Sugar: 7.12g (7.91%), Cholesterol: 19.74mg (6.58%), Sodium: 781.96mg (34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.15%), Vitamin K: 277.71µg (264.48%), Vitamin A: 8892.95IU (177.86%), Selenium: 34.23µg (48.91%), Manganese: 0.92mg (46.18%), Folate: 164.94µg (41.24%), Vitamin B2: 0.7mg (41.12%), Calcium: 291.5mg (29.15%), Vitamin B1: 0.38mg (25.13%), Phosphorus: 246.92mg (24.69%), Iron: 4mg (22.21%), Magnesium: 83.04mg (20.76%), Vitamin E: 3.09mg (20.59%), Vitamin B6: 0.38mg (19%), Fiber: 4.43g (17.7%), Potassium: 578.92mg (16.54%), Vitamin C: 12.63mg (15.31%), Vitamin B12: 0.8µg (13.32%), Vitamin B3: 2.53mg (12.65%), Zinc: 1.82mg (12.15%), Copper: 0.23mg (11.37%), Vitamin B5: 1.09mg (10.86%), Vitamin D: 0.56µg (3.7%)