



Greens-and-Cheese Pie (Hortopita)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup tablespoon dill dried fresh chopped
- ☐ 1.5 cups fennel bulb minced (1 large bulb)
- ☐ 5 ounces feta cheese
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups green onions thinly sliced
- ☐ 8 ounces mustard greens thinly sliced
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon greek oregano dried
- ☐ 8 sheets phyllo dough frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces d spinach fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ colander

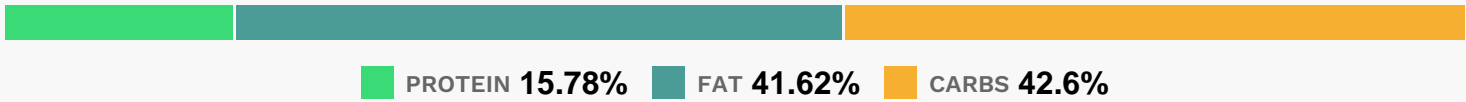
Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions; saut 4 minutes.
- ☐ Add fennel; saut 3 minutes.
- ☐ Remove onion mixture from pan; cool.
- ☐ Add spinach to pan; saut 30 seconds or until spinach wilts.
- ☐ Place spinach in a colander, pressing until barely moist.
- ☐ Add greens to pan; saut 30 seconds or until greens wilt.
- ☐ Place greens in a colander, pressing until barely moist.
- ☐ Combine onion mixture, spinach, greens, feta, and next 5 ingredients (feta through black pepper) in a large bowl.
- ☐ Working with 1 phyllo sheet at a time (cover the remaining dough to keep from drying), place 2 sheets in a 13 x 9-inch baking pan coated with cooking spray. Gently press sheets into bottom and sides of pan, allowing the ends to extend over edges of pan. Coat top sheet with cooking spray. Fold 1 sheet of phyllo in half crosswise; place on sheets in bottom of pan, and coat with cooking spray. Top with 1 sheet of phyllo, gently pressing sheet into the bottom and

sides of pan; coat with cooking spray.

- ☐ Spread greens mixture evenly over top of phyllo. Fold a sheet of phyllo in half; gently press on the greens mixture in pan, and coat with cooking spray. Top with the remaining 3 sheets of phyllo, coating each with cooking spray.
- ☐ Cut ends extending over pan. Fold edges of phyllo to form a rim; flatten rim with fork.
- ☐ Cut 4 slits with a sharp knife in top of phyllo.
- ☐ Bake at 375 for 50 minutes. Cool for 30 minutes.
- ☐ Garnish with parsley sprigs, if desired.
- ☐ Wine Note: This dish's green flavors deserve an herbal wine. Some of the world's most fresh, green wines are New Zealand Sauvignon Blancs; try Villa Maria Private Bin (about \$12).

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:22.58565218034%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 6.98mg, Isorhamnetin: 6.98mg, Isorhamnetin: 6.98mg, Isorhamnetin: 6.98mg Kaempferol: 16.74mg, Kaempferol: 16.74mg, Kaempferol: 16.74mg, Kaempferol: 16.74mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 195.07kcal (9.75%), Fat: 9.35g (14.39%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 17.47g (6.35%), Sugar: 2.31g (2.57%), Cholesterol: 21.03mg (7.01%), Sodium: 631.09mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin K: 340.1µg (323.9%), Vitamin A: 4187.83IU (83.76%), Vitamin C: 46.97mg (56.94%), Folate: 114.98µg (28.75%), Manganese: 0.5mg (25.06%), Vitamin B2: 0.42mg (24.47%), Calcium: 234.5mg (23.45%), Iron: 3.32mg (18.43%), Vitamin B1: 0.25mg (16.44%), Fiber: 4.06g (16.24%), Phosphorus: 158.82mg (15.88%), Potassium: 527.19mg (15.06%), Selenium: 10.4µg (14.86%), Vitamin E: 2.03mg (13.53%), Magnesium: 52.93mg (13.23%), Vitamin B6: 0.26mg (13.11%), Vitamin B3: 2.13mg (10.67%), Copper: 0.18mg (8.97%), Zinc: 1.25mg (8.36%), Vitamin B12: 0.4µg (6.65%), Vitamin B5: 0.5mg (4.98%)