



HEALTH SCORE

100%

Grits Spanakopita



Very Healthy

READY IN



530 min.

SERVINGS



1

CALORIES



1982 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 10 oz spinach frozen chopped
- ☐ 2 garlic clove pressed
- ☐ 0.5 cup spring onion finely chopped
- ☐ 1 cup grits uncooked
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 serving pepper freshly ground to taste
- ☐ 0.8 teaspoon salt

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Thaw spinach; drain well, pressing between paper towels.
- ☐ Prepare grits according to package directions. Stir feta, next 5 ingredients, and spinach into grits.
- ☐ Add freshly ground pepper to taste.
- ☐ Stir together panko and next 2 ingredients; sprinkle half of mixture into a well greased 13- x 9- inch baking dish.
- ☐ Pour hot grits mixture into prepared pan.
- ☐ Sprinkle remaining panko mixture over grits. Cover and chill 8 hours.
- ☐ Invert chilled grits onto a cutting board; cut into 24 squares.
- ☐ Cut each diagonally into 2 triangles. Coat both sides well with cooking spray.
- ☐ Cook triangles, in batches, on a hot greased griddle or in a nonstick skillet over medium heat 2 minutes on each side or until golden.
- ☐ Place on a wire rack on a baking sheet, and keep warm in a 200 oven up to 30 minutes.

Nutrition Facts



 PROTEIN **17.86%**  FAT **32.92%**  CARBS **49.22%**

Properties

Glycemic Index:223, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:77.701738647793%

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: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 1981.75kcal (99.09%), Fat: 72.93g (112.2%), Saturated Fat: 39.77g (248.54%), Carbohydrates: 245.35g (81.78%), Net Carbohydrates: 227.15g (82.6%), Sugar: 12.07g (13.41%), Cholesterol: 245.35mg (81.78%), Sodium: 6312.16mg (274.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 89.04g (178.08%), Vitamin K: 1442.59µg (1373.89%), Vitamin A: 37046.66IU (740.93%), Calcium: 2229.14mg (222.91%), Vitamin B2: 3.34mg (196.23%), Manganese: 3.66mg (183.11%), Selenium: 126.5µg (180.71%), Folate: 684.92µg (171.23%), Phosphorus: 1573.19mg (157.32%), Vitamin B1: 2.05mg (136.71%), Vitamin B6: 2mg (99.96%), Magnesium: 390.89mg (97.72%), Iron: 16.41mg (91.18%), Zinc: 13.15mg (87.67%), Vitamin B12: 4.93µg (82.13%), Fiber: 18.2g (72.82%), Vitamin B3: 14.13mg (70.63%), Vitamin C: 53.7mg (65.09%), Vitamin E: 9.44mg (62.96%), Potassium: 1942.43mg (55.5%), Copper: 1.03mg (51.69%), Vitamin B5: 4.21mg (42.08%), Vitamin D: 1.16µg (7.71%)