



Impossibly Easy Spinach and Feta Pie

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



128 kcal

Ingredients

- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 cup baking mix
- ☐ 0.7 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 eggs

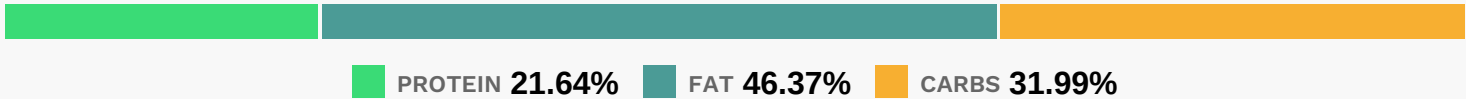
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400°. Grease pie plate, 9x1 1/4 inches.
- ☐ Mix spinach, cheese and onions in pie plate.
- ☐ Stir remaining ingredients until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:18.237391368203%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 128.31kcal (6.42%), Fat: 6.77g (10.41%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 8.81g (3.2%), Sugar: 2.93g (3.25%), Cholesterol: 69.14mg (23.05%), Sodium: 433.76mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin K: 185.46µg (176.63%), Vitamin A: 5758.48IU (115.17%), Folate: 94.58µg (23.64%), Vitamin B2: 0.36mg (21.35%), Manganese: 0.39mg (19.38%), Calcium: 185.28mg (18.53%), Phosphorus: 181.81mg (18.18%), Selenium: 10.51µg (15.01%), Magnesium: 46.23mg (11.56%), Vitamin E: 1.6mg (10.64%), Vitamin B1: 0.14mg (9.64%), Vitamin B6: 0.19mg (9.3%), Vitamin B12: 0.53µg (8.79%), Iron: 1.57mg (8.75%), Potassium: 260.51mg (7.44%), Fiber: 1.7g (6.8%), Zinc: 1mg (6.68%), Vitamin B5: 0.58mg (5.83%), Copper: 0.1mg (5.12%), Vitamin B3: 0.88mg (4.4%), Vitamin D: 0.64µg (4.28%), Vitamin C: 3.41mg (4.14%)