



## Italian Spinach Sausage Pie

READY IN



90 min.

SERVINGS



8

CALORIES



601 kcal

### Ingredients

- 1 pound bulk sausage italian
- 6 eggs
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground pepper black
- 1 double crust ready-to-use pie crust
- 0.8 cup ricotta cheese
- 0.5 teaspoon salt
- 5 cups mozzarella cheese shredded
- 10 ounce pkt spinach frozen dry thawed chopped
- 1 tablespoon water

## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat a large skillet over medium-high heat and stir in sausage. Cook and stir until sausage is crumbly, evenly browned, and no longer pink, about 10 minutes.
- Drain excess grease. Separate one egg and set yolk aside; beat egg white and remaining eggs in a bowl. Fold spinach, mozzarella cheese, ricotta cheese, salt, garlic powder, pepper, and sausage into eggs.
- Line a 10-inch pie plate with bottom pastry; pour filling into crust.
- Roll out remaining pastry to fit top of pie; place over filling. Trim, seal, and flute edges; cut slits in pastry. Beat water and remaining egg yolk in a small bowl; brush the mixture over top of pie.
- Bake in preheated oven until crust is golden and filling is bubbly, 50 to 60 minutes.
- Let stand 10 minutes before cutting.

## Nutrition Facts

**PROTEIN 22.04%** **FAT 68.12%** **CARBS 9.84%**

## Properties

Glycemic Index:14.88, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:28.268260821052%

## Nutrients (% of daily need)

Calories: 601.45kcal (30.07%), Fat: 45.31g (69.7%), Saturated Fat: 20.31g (126.92%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.15g (4.78%), Sugar: 1.14g (1.26%), Cholesterol: 233.01mg (77.67%), Sodium: 1178.37mg (51.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin K: 135.39µg (128.95%), Vitamin A: 4910.58IU (98.21%), Selenium: 42.81µg (61.16%), Calcium: 480.39mg (48.04%), Phosphorus: 463.3mg (46.33%), Vitamin B12: 2.48µg (41.41%), Vitamin B2: 0.61mg (35.6%), Vitamin B1: 0.45mg (30.08%), Zinc: 4.05mg (27%), Folate: 94.02µg (23.51%), Manganese: 0.41mg (20.64%), Vitamin B6: 0.33mg (16.73%), Iron: 2.87mg (15.96%), Magnesium: 58.33mg (14.58%), Vitamin B3: 2.72mg (13.59%), Potassium: 410.83mg (11.74%), Vitamin E: 1.63mg

(10.87%), Vitamin B5: 1.06mg (10.63%), Copper: 0.15mg (7.49%), Vitamin D: 0.99µg (6.58%), Fiber: 1.57g (6.28%),  
Vitamin C: 3.08mg (3.74%)