

Leek and Celery Pie

Gluten Free







Ingredients

0.3 teaspoon pepper black
3 cups celery stalks finely chopped
3 large eggs
1 cup feta cheese crumbled (preferably Mt. Vikos or Dodoni brand)
0.5 cup optional: dill fresh chopped
0.7 cup parsley fresh chopped
1 cup mint leaves fresh chopped
10 cups leek white green finely chopped (and pale parts only)

0.3 cup olive oil extra virgin extra-virgin

	1.5 oz parmesan finely grated ()	
	1 tablespoon red-wine vinegar	
	1 teaspoon salt	
	0.5 cup yogurt (preferably Greek)	
	0.8 cup water	
Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	pot	
	plastic wrap	
	baking pan	
	ziploc bags	
	rolling pin	
	colander	
Di	rections	
	Stir together flour and salt in a large bowl, then make a well in center and add water, yogurt, 1/2 cup oil, and vinegar. Stir until a soft dough forms, then knead on a work surface (do not dust with flour) until smooth and pliable, about 4 minutes. Form dough into a ball and put in an oiled bowl, then turn to coat. Cover bowl with plastic wrap and let dough stand at room temperature 1 hour.	
	Wash leeks in a bowl of cold water, agitating them, then lift out and drain well in a colander.	
	Heat 1/4 cup oil in a deep 12-inch heavy skillet or a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté leeks and celery with 1/2 teaspoon salt, stirring frequently, until softened and translucent, 10 to 12 minutes.	
	Transfer to a bowl and cool, stirring occasionally, 10 minutes.	
	Put oven rack in middle position and preheat oven to 375°F.	

Stir herbs into leek mixture along with cheeses, pepper, and remaining 1/2 teaspoon salt. Lightly beat eggs with remaining 3 tablespoons oil in a small bowl, then stir into leek filling.
Brush baking pan with 2 tablespoons oil.
Divide dough in half.
Roll out 1 half on a floured surface with a floured rolling pin into a 19- by 14-inch rectangle. Fold rectangle loosely into quarters and transfer to baking pan, then unfold dough and fit into pan, leaving a 1-inch overhang.
Spread filling evenly in pan.
Roll out remaining dough on floured surface with floured rolling pin into a 20- by 15-inch rectangle. Lift dough and drape it over filling, leaving it slightly wrinkled.
Roll edge of bottom crust over top to form a rope edge all around pie.
Brush top of pie with remaining 2 tablespoons oil. Score top crust into serving pieces with a sharp knife (mark crust but do not cut through it).
Bake pie until golden brown, 50 to 60 minutes. Cool to room temperature in pan on a rack, about 1 hour.
· Dough can be made 3 days ahead and chilled in a sealed plastic bag. Bring to room temperature before rolling out.· Pie can be baked 4 hours ahead and kept at room temperature.
Nutrition Facts
PROTEIN 16.1% FAT 51.47% CARBS 32.43%
1 NO 12 NO 10 1 / 10 1

Properties

Glycemic Index:16.42, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:15.886956370395%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 164.17kcal (8.21%), Fat: 9.66g (14.86%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 11.49g (4.18%), Sugar: 4.12g (4.58%), Cholesterol: 60.24mg (20.08%), Sodium: 458.87mg (19.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.8g (13.6%), Vitamin K: 100.04µg (95.28%), Vitamin A: 2089.84IU (41.8%), Manganese: 0.47mg (23.58%), Vitamin C: 17.07mg (20.69%), Calcium: 203.41mg (20.34%), Folate: 80.19µg (20.05%), Vitamin B2: 0.25mg (14.94%), Phosphorus: 145.64mg (14.56%), Vitamin B6: 0.29mg (14.3%), Iron: 2.51mg (13.94%), Selenium: 7.73µg (11.04%), Vitamin E: 1.59mg (10.57%), Magnesium: 36.94mg (9.23%), Potassium: 308.82mg (8.82%), Fiber: 2.2g (8.8%), Vitamin B12: 0.43µg (7.12%), Copper: 0.14mg (6.84%), Zinc: 0.94mg (6.25%), Vitamin B5: 0.59mg (5.94%), Vitamin B1: 0.09mg (5.83%), Vitamin B3: 0.67mg (3.36%), Vitamin D: 0.32µg (2.12%)