

Leek and Celery Pie

 Gluten Free

READY IN



180 min.

SERVINGS



12

CALORIES



164 kcal

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

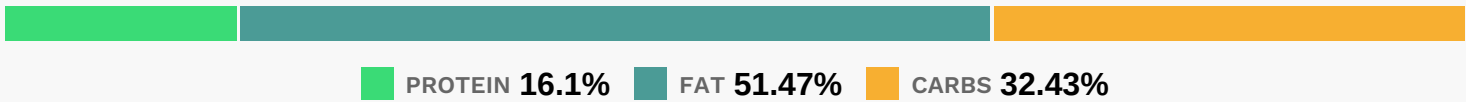
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ colander

Directions

- ☐ 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



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, Hesperetin: 0.38mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.85mg, 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 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 %: 0% (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%)