



Mediterranean Spinach Pies

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby spinach leaves
- ☐ 13.2 oz bread dough italian
- ☐ 4 oz feta crumbled
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon pepper

Equipment

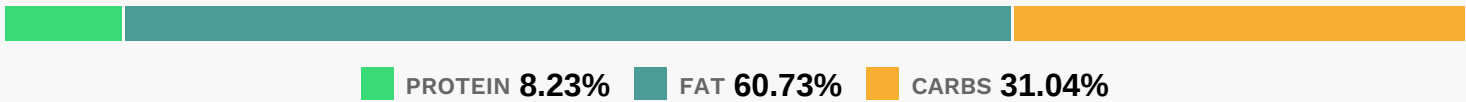
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Put 2 Tbsp. oil, onion and pepper in a large skillet; cook over medium heat, stirring occasionally, until onion is softened and golden, about 6 minutes.
- ☐ Add about half of spinach leaves and cook, tossing and adding more spinach by handfuls, until all spinach is wilted. Stir in feta.
- ☐ Preheat oven to 350F. Line a baking sheet with parchment paper or foil. Unroll bread dough on a work surface and cut into 4 equal pieces; place on baking sheet. Spoon equal portions of spinach mixture onto center of each piece of dough. Fold dough over filling to make triangles; crimp edges to seal pies. Slice a hole in top of each pie to let hot air escape while cooking; brush top lightly with remaining 1 Tbsp. oil.
- ☐ Bake spinach pies until golden on top and bottom, 25 to 30 minutes.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:29.986521980037%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg

Nutrients (% of daily need)

Calories: 731.37kcal (36.57%), Fat: 50.1g (77.08%), Saturated Fat: 23.27g (145.44%), Carbohydrates: 57.63g (19.21%), Net Carbohydrates: 51.2g (18.62%), Sugar: 30.98g (34.42%), Cholesterol: 25.23mg (8.41%), Sodium: 761.59mg

(33.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin K: 554.9µg (528.47%), Vitamin A: 10754.41IU (215.09%), Folate: 295.15µg (73.79%), Manganese: 1.09mg (54.47%), Vitamin C: 34.64mg (41.99%), Vitamin B2: 0.55mg (32.24%), Iron: 5.37mg (29.84%), Magnesium: 114.84mg (28.71%), Vitamin B3: 5.36mg (26.78%), Calcium: 261.31mg (26.13%), Potassium: 909.87mg (26%), Vitamin E: 3.87mg (25.83%), Fiber: 6.44g (25.75%), Phosphorus: 196.79mg (19.68%), Vitamin B6: 0.39mg (19.33%), Vitamin B1: 0.28mg (18.7%), Zinc: 1.67mg (11.13%), Copper: 0.17mg (8.64%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.58µg (7.97%), Vitamin B5: 0.4mg (3.96%)