



## Mushroom and Feta Phyllo Pie



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

### Ingredients

- ☐ 1 handfull dill chopped ( )
- ☐ 2 eggs
- ☐ 0.5 cup feta crumbled ( )
- ☐ 2 cloves garlic chopped ( )
- ☐ 2 leeks cleaned sliced ( and )
- ☐ 1 pound mushrooms diced ( )
- ☐ 0.3 cup olive oil
- ☐ 8 sheets phyllo dough thawed ( over night in the fridge)
- ☐ 0.5 cup ricotta

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons balsamic vinegar (or white wine, or broth)

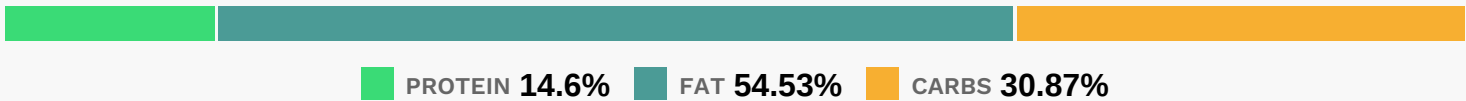
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat the oil in a pan.
- ☐ Add the leeks and cook until tender, about 5 minutes.
- ☐ Add the mushrooms, season with salt and pepper and cook until the mushrooms start to caramelize, about 20 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the balsamic vinegar, deglaze the pan and cook until it evaporates.
- ☐ Remove from heat and mix in the dill, feta, ricotta and eggs.
- ☐ Lay out a sheet of phyllo dough, brush with oil and repeat with another layer.
- ☐ Spread the mushroom mixture along the long edge of the phyllo, roll the phyllo up and gently fit it around the outer edge of your greased circular baking pan.
- ☐ Continue until the pan is full and then brush the top with oil.
- ☐ Bake in a preheated 350F oven until golden brown on top, about 20–30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:62.75, Glycemic Load:11.18, Inflammation Score:–7, Nutrition Score:21.437391426252%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin:

0.11mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 429.52kcal (21.48%), Fat: 26.46g (40.7%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 31.01g (11.28%), Sugar: 5.43g (6.03%), Cholesterol: 114.34mg (38.11%), Sodium: 665.45mg (28.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Vitamin B2: 0.92mg (54.14%), Selenium: 34.12µg (48.74%), Vitamin B3: 6.07mg (30.34%), Phosphorus: 301.3mg (30.13%), Vitamin K: 30.76µg (29.3%), Folate: 101.68µg (25.42%), Manganese: 0.5mg (25.04%), Vitamin B5: 2.47mg (24.69%), Vitamin B1: 0.37mg (24.6%), Copper: 0.49mg (24.39%), Vitamin A: 1097.12IU (21.94%), Calcium: 208.41mg (20.84%), Iron: 3.52mg (19.57%), Vitamin B6: 0.38mg (19.12%), Vitamin E: 2.7mg (17.97%), Potassium: 560.36mg (16.01%), Zinc: 2.04mg (13.59%), Vitamin B12: 0.66µg (11.06%), Fiber: 2.69g (10.77%), Vitamin C: 8.4mg (10.18%), Magnesium: 39.46mg (9.86%), Vitamin D: 0.8µg (5.36%)