



Perfect Brunch Pie

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



241 kcal

Ingredients

- 4 large eggs
- 0.5 cup feta cheese crumbled
- 1 tablespoon basil fresh finely chopped
- 1 tablespoon thyme leaves fresh finely chopped
- 3 cloves garlic minced
- 0.8 cup kalamata olives chopped
- 8 servings kosher salt and pepper freshly ground
- 0.5 cup milk reduced-fat
- 0.5 cup marinated artichoke hearts chopped

- 1 tablespoon oregano fresh finely chopped
- 10 sheets phyllo dough frozen thawed
- 0.3 cup garlic-stuffed olives green chopped
- 0.5 cup plum tomatoes chopped
- 2 tablespoons onion red chopped
- 2 tablespoons scallion chopped
- 0.5 cup sharp cheddar cheese shredded
- 2 tablespoons butter unsalted melted
- 0.5 cup mushrooms white chopped

Equipment

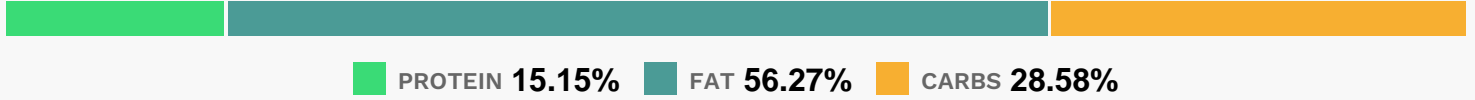
- bowl
- oven
- knife
- pie form
- ceramic pie form

Directions

- Preheat the oven to 350 degrees F.
- Mix the kalamata and green olives, the tomatoes, scallion, onion, mushrooms, garlic and artichoke hearts in a large bowl. Stir in both cheeses, the basil, oregano and thyme; set aside, 20 minutes. Meanwhile, beat the eggs, milk, and salt and pepper to taste in another bowl.
- Brush a 10-inch glass or ceramic pie dish with some of the butter. Stack 6 sheets of phyllo dough (keep the rest covered with a damp towel) and cut the stack into a 12-inch round with a paring knife.
- Place 1 phyllo round in the prepared pie dish and brush with butter; continue to layer the remaining 5 phyllo rounds in the dish, brushing each piece with butter before adding the next.
- Spread the olive mixture evenly in the phyllo-lined dish, then pour in the egg mixture.
- Cut the remaining 4 phyllo sheets into 10-inch rounds.
- Layer on top of the pie, brushing each piece with butter before adding the next.

- Bake until the top is golden and a knife inserted in the middle comes out clean, about 1 hour.
- Let rest 10 minutes before slicing.
- Winning Olive Recipe: Learn More about the winning cook, Celia Wallis
- Photograph by Stephanie Foley

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:10.195217402085%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 240.85kcal (12.04%), Fat: 15.16g (23.32%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.34g (5.58%), Sugar: 1.81g (2.01%), Cholesterol: 117.11mg (39.04%), Sodium: 816.95mg (35.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.37%), Selenium: 17.94µg (25.63%), Vitamin B2: 0.37mg (21.93%), Calcium: 162.02mg (16.2%), Phosphorus: 160.04mg (16%), Vitamin A: 742.83IU (14.86%), Vitamin B1: 0.18mg (12.04%), Folate: 45.23µg (11.31%), Manganese: 0.22mg (10.96%), Iron: 1.96mg (10.87%), Vitamin K: 10.74µg (10.23%), Vitamin B12: 0.54µg (9.04%), Vitamin C: 7.08mg (8.59%), Vitamin E: 1.29mg (8.57%), Fiber: 1.99g (7.97%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.76mg (7.59%), Vitamin B6: 0.15mg (7.55%), Vitamin B3: 1.51mg (7.54%), Copper: 0.11mg (5.62%), Magnesium: 20.05mg (5.01%), Potassium: 172.31mg (4.92%), Vitamin D: 0.64µg (4.3%)