



Spanakopita

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



367 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons olive oil extra virgin extra-virgin
- 18 oz spinach frozen thawed chopped
- 0.8 cup spring onion chopped
- 0.3 cup parsley fresh finely chopped
- 1 serving salt and pepper to taste
- 8 oz feta cheese crumbled
- 1 eggs slightly beaten
- 0.5 cup butter unsalted melted

16 sheets dough frozen thawed (filo) ()

Equipment

frying pan

oven

glass baking pan

Directions

Heat oven to 350°F. In large skillet, heat 2 tablespoons of the oil over medium heat.

Add spinach and toss until heated.

Remove from skillet; set aside.

In same skillet, heat remaining 1 tablespoon oil over medium-high heat. Cook onions in oil, stirring occasionally, until soft. Reduce heat to low. Stir in spinach, parsley, salt and pepper. Cook about 2 minutes longer.

Remove from heat; cool. Stir in cheese and egg.

Generously brush 13x9-inch (3-quart) glass baking dish with some of the melted butter.

Place 1 phyllo sheet in dish; brush with butter.

Layer with 7 more sheets, brushing each with butter before adding the next sheet. Spoon spinach mixture over top sheet.

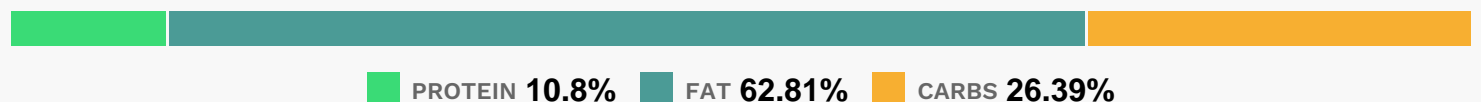
Layer with remaining 8 phyllo sheets, brushing each with remaining butter.

Cut several slits in top.

Bake 40 to 50 minutes or until golden brown.

Let stand 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:7.78, Inflammation Score:-10, Nutrition Score:23.241739179777%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 366.92kcal (18.35%), Fat: 26.05g (40.08%), Saturated Fat: 12.55g (78.41%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 21.75g (7.91%), Sugar: 0.75g (0.83%), Cholesterol: 76.19mg (25.4%), Sodium: 590.18mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin K: 293.07µg (279.12%), Vitamin A: 8234.9IU (164.7%), Folate: 146.86µg (36.72%), Manganese: 0.66mg (32.9%), Vitamin B2: 0.55mg (32.41%), Selenium: 18.82µg (26.89%), Calcium: 242.12mg (24.21%), Vitamin B1: 0.32mg (21.26%), Vitamin E: 3.14mg (20.93%), Phosphorus: 174.14mg (17.41%), Iron: 2.99mg (16.63%), Magnesium: 62.68mg (15.67%), Vitamin B6: 0.26mg (12.92%), Fiber: 2.88g (11.51%), Vitamin B3: 2.24mg (11.18%), Zinc: 1.5mg (10%), Vitamin C: 7.76mg (9.41%), Vitamin B12: 0.55µg (9.2%), Potassium: 313.71mg (8.96%), Copper: 0.16mg (7.81%), Vitamin B5: 0.56mg (5.63%), Vitamin D: 0.44µg (2.91%)