



 **73%**
HEALTH SCORE

Spanakopita

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 1 tablespoon dill dried
- 4 servings pepperoncini peppers crumbled
- 8 ounce feta cheese crumbled
- 20 ounce spinach frozen thawed drained chopped
- 1 tablespoon oregano dried
- 16 ounce dough frozen thawed

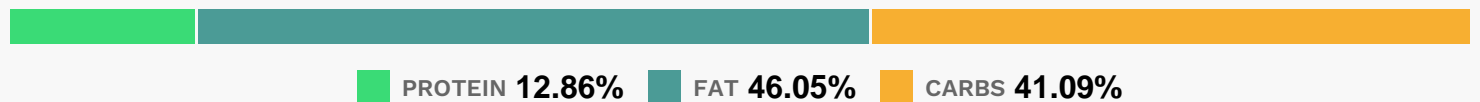
Equipment

- oven
- baking pan

Directions

- Combine first 4 ingredients, stirring well.
- Unfold phyllo, and cut into 2 (13- x 9-inch) rectangles; cover with damp cloth towels to prevent drying out.
- Place 1 phyllo sheet in a buttered 13- x 9-inch baking dish; brush with melted butter.
- Place a phyllo sheet on top, allowing half of sheet to drape over 1 side of dish; brush portion in dish with melted butter. Repeat procedure with 15 more phyllo sheets, alternating sides of dish after each sheet so that each side of dish is covered.
- Spread spinach mixture evenly in dish; top with a phyllo sheet, and brush with melted butter. Fold over 1 top and bottom overhanging phyllo sheet; brush with butter. Fold 1 overhanging sheet on each side toward center; brush with butter. Top with a phyllo sheet; brush with butter. Repeat folding procedure with the remaining overhanging phyllo sheets, topping each layer with a phyllo sheet and brushing with butter.
- Cut into 4 or 8 squares.
- Bake at 425 for 20 minutes or until golden brown.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:42.78434768967%

Nutrients (% of daily need)

Calories: 679.2kcal (33.96%), Fat: 35.24g (54.22%), Saturated Fat: 12.46g (77.87%), Carbohydrates: 70.76g (23.59%), Net Carbohydrates: 62.91g (22.88%), Sugar: 1.72g (1.91%), Cholesterol: 50.46mg (16.82%), Sodium: 1482.87mg (64.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Vitamin K: 541.59µg (515.8%), Vitamin A: 17697.58IU (353.95%), Folate: 334.74µg (83.68%), Manganese: 1.67mg (83.68%), Vitamin B2: 1.21mg (71.39%), Selenium: 43.57µg (62.25%), Vitamin B1: 0.86mg (57.6%), Calcium: 517.79mg (51.78%), Iron: 7.64mg (42.46%), Vitamin C: 31.39mg (38.05%), Magnesium: 146.18mg (36.54%), Phosphorus: 364.81mg (36.48%), Vitamin

E: 5.31mg (35.41%), Vitamin B6: 0.65mg (32.29%), Vitamin B3: 6.33mg (31.65%), Fiber: 7.85g (31.4%), Potassium: 729.7mg (20.85%), Zinc: 3.11mg (20.74%), Copper: 0.37mg (18.73%), Vitamin B12: 0.98µg (16.29%), Vitamin B5: 1.13mg (11.26%), Vitamin D: 0.23µg (1.51%)