



## Spanakopita

 Vegetarian

READY IN



300 min.

SERVINGS



30

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 lb baby spinach
- ☐ 0.5 cup plus 1 tablespoon butter unsalted
- ☐ 0.5 lb feta crumbled (scant 2 cups)
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 12 inch sheets phyllo frozen thawed (17- by 12-inch)

## Equipment

- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ kitchen towels

## Directions

- ☐ Melt 1 tablespoon butter in a 12-inch heavy skillet over moderate heat, then cook spinach, stirring, until wilted and tender, about 4 minutes.
- ☐ Remove from heat and cool, about 10 minutes. Squeeze handfuls of spinach to remove as much liquid as possible, then coarsely chop.
- ☐ Transfer to a bowl and stir in feta, nutmeg, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Preheat oven to 375°F.
- ☐ Melt remaining 1 stick butter in a small saucepan, then cool.
- ☐ Cover phyllo stack with 2 overlapping sheets of plastic wrap and then a dampened kitchen towel.
- ☐ Take 1 phyllo sheet from stack and arrange on a work surface with a long side nearest you (keeping remaining sheets covered) and brush with some butter. Top with another phyllo sheet and brush with more butter.
- ☐ Cut buttered phyllo stack crosswise into 6 (roughly 12- by 2 3/4-inch) strips.
- ☐ Put a heaping teaspoon of filling near 1 corner of a strip on end nearest you, then fold corner of phyllo over to enclose filling and form a triangle. Continue folding strip (like a flag), maintaining triangle shape. Put triangle, seam side down, on a large baking sheet and brush top with butter. Make more triangles in same manner, using all of phyllo.
- ☐ Bake triangles in middle of oven until golden brown, 20 to 25 minutes, then transfer to a rack to cool slightly.
- ☐ Pastry triangles can be formed, but not baked, 3 days ahead. Arrange in 1 layer in heavy-dty sealed plastic bags, then freeze.
- ☐ Bake frozen pastries(do not thaw) in same manner as above.

## Nutrition Facts



 **PROTEIN 11.63%**  **FAT 78.31%**  **CARBS 10.06%**

## Properties

Glycemic Index:7.23, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:7.1213042664787%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 53.85kcal (2.69%), Fat: 4.83g (7.42%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.08g (0.09%), Cholesterol: 14.86mg (4.95%), Sodium: 127.37mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 73.45µg (69.96%), Vitamin A: 1544.26IU (30.89%), Folate: 32.78µg (8.2%), Manganese: 0.14mg (7.18%), Vitamin B2: 0.1mg (5.71%), Calcium: 53.32mg (5.33%), Vitamin C: 4.25mg (5.15%), Phosphorus: 34.63mg (3.46%), Magnesium: 13.67mg (3.42%), Vitamin B6: 0.06mg (3.1%), Iron: 0.49mg (2.74%), Vitamin E: 0.41mg (2.73%), Potassium: 90.83mg (2.6%), Vitamin B12: 0.13µg (2.24%), Selenium: 1.56µg (2.23%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.95%), Fiber: 0.36g (1.44%), Copper: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.14%)