



Spanakopita (Greek Spinach Pie)

 Vegetarian  Very Healthy

READY IN



255 min.

SERVINGS



12

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings beans dried for pie weights
- ☐ 1 eggs with 1 teaspoon water, for egg wash beaten
- ☐ 1.5 cups feta crumbled
- ☐ 0.8 cup flat-leaf parsley finely chopped
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup optional: dill fresh finely chopped
- ☐ 0.3 cup ice water
- ☐ 2.3 teaspoons kosher salt

- ☐ 0.5 cup olive oil extra-virgin for greasing the baking pan
- ☐ 6 cups onion chopped 3 medium onions
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 3 scallions white green chopped and
- ☐ 0.7 cup shortening plus more for the baking pan
- ☐ 4.5 pounds pkt spinach fresh stemmed 3 bunches
- ☐ 0.8 cup rice long-grain white uncooked

Equipment

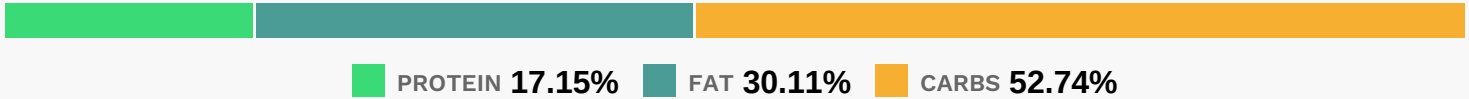
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ In a food processor, pulse the flour and salt until combined.
- ☐ Add the shortening and pulse until the mixture resembles cornmeal mixed with pea-sized bits, about 10 times. While the motor is running, drizzle in the water until a dough forms.
- ☐ Form the dough into a disk, wrap it in plastic wrap, and refrigerate until thoroughly chilled, at least 1 hour.
- ☐ Preheat oven to 350 degrees F.
- ☐ Grease a 9 by 13-inch baking pan. Divide the dough in half; press half the dough up and around the inside of the pan. Set the remaining dough aside covered with plastic wrap.
- ☐ Line the pan with foil and fill with dried beans.

- ☐ Bake the dough for 20 minutes and remove the beans and foil. Continue baking the crust until golden brown, about 10 minutes more.
- ☐ Let the pan cool on a rack.
- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add the onions and cook, stirring, until lightly browned, about 6 minutes.
- ☐ Add the rice and cook, stirring occasionally, for 2 minutes.
- ☐ Add the spinach, little by little (adding more as the previous batch wilts), and cook, stirring, until completely wilted. Season with the salt and pepper and stir in the parsley, dill, and scallions.
- ☐ Drain the spinach mixture in a colander in the sink and let cool.
- ☐ Once the spinach is cool, stir in the feta and spread the mixture into the crust.
- ☐ Roll the remaining dough out on a well-floured surface, into a rectangle large enough to cover the baking pan. Top the spinach with the dough and pinch around the sides to seal. Score the top of the pie in the center, brush the surface of the dough with egg wash, and bake until golden brown, about 40 minutes.
- ☐ Remove the pie from the oven, let cool, cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:29.34, Inflammation Score:-10, Nutrition Score:46.138695820518%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Pelargonidin: 2.7mg, Pelargonidin: 2.7mg, Pelargonidin: 2.7mg, Pelargonidin: 2.7mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 4.43mg, Isorhamnetin: 4.43mg, Isorhamnetin: 4.43mg, Isorhamnetin: 4.43mg Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg

Nutrients (% of daily need)

Calories: 547.1kcal (27.35%), Fat: 18.89g (29.06%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 74.42g (24.81%), Net Carbohydrates: 59.85g (21.76%), Sugar: 5.45g (6.06%), Cholesterol: 16.69mg (5.56%), Sodium: 992.96mg

(43.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin K: 900.43µg (857.55%), Vitamin A: 16452.57IU (329.05%), Folate: 619.98µg (155%), Manganese: 2.56mg (127.98%), Vitamin C: 62.62mg (75.9%), Magnesium: 233.95mg (58.49%), Fiber: 14.57g (58.28%), Iron: 10.08mg (55.99%), Potassium: 1911.73mg (54.62%), Vitamin B1: 0.72mg (47.89%), Phosphorus: 436.95mg (43.7%), Vitamin B2: 0.74mg (43.5%), Vitamin B6: 0.76mg (38.25%), Copper: 0.72mg (35.88%), Calcium: 342.59mg (34.26%), Vitamin E: 4.65mg (30.99%), Zinc: 3.48mg (23.17%), Selenium: 15.54µg (22.2%), Vitamin B3: 4.19mg (20.94%), Vitamin B5: 1.14mg (11.35%), Vitamin B12: 0.32µg (5.28%)