

Spanikopita

READY IN



70 min.

SERVINGS



30

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup feta cheese crumbled
- 20 ounce spinach frozen thawed drained chopped well
- 1 clove garlic minced
- 0.5 cup parmesan cheese grated
- 16 ounce dough whole wheat
- 0.5 teaspoon salt
- 0.5 cup mozzarella cheese shredded
- 0.5 cup butter unsalted melted

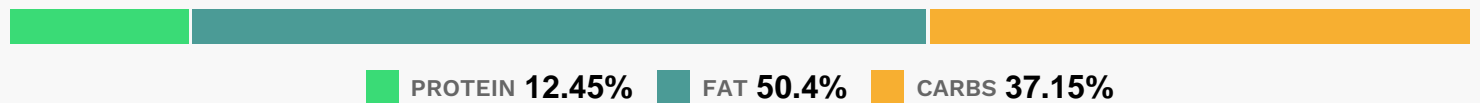
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Mix the spinach, feta cheese, mozzarella cheese, Parmesan cheese, garlic, and salt in a bowl.
- Arrange one sheet of phyllo dough on a clean work surface and brush with melted butter. Cover the remaining phyllo dough with a damp towel.
- Place a second sheet of phyllo on top and brush with butter, then place a third sheet on top.
- Cut the buttered phyllo lengthwise into four strips.
- Place about 1 tablespoon of the spinach mixture on the bottom of each strip. Take the bottom right corner and fold the dough over the filling to make a triangle. Fold the bottom left corner up to make another triangle. Continue folding until all the dough is folded. Arrange the stuffed triangles, seam-side down, on the prepared baking sheet. Lightly brush the triangle with butter. Repeat with the remaining phyllo dough and spinach filling.
- Bake in the preheated oven until golden brown, about 20 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:8.9165217643199%

Nutrients (% of daily need)

Calories: 97.21kcal (4.86%), Fat: 5.51g (8.47%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.17g (0.19%), Cholesterol: 13.28mg (4.43%), Sodium: 195.58mg (8.5%), Alcohol: 0g (100%), Protein: 3.06g (6.12%), Vitamin K: 71.07µg (67.68%), Vitamin A: 2348.32IU (46.97%), Manganese: 0.21mg (10.48%), Folate: 41.86µg (10.46%), Selenium: 5.98µg (8.55%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.1mg (6.99%), Calcium: 63.64mg (6.36%), Iron: 0.88mg (4.87%), Phosphorus: 47.26mg (4.73%), Magnesium: 17.98mg (4.49%), Vitamin E: 0.66mg (4.43%), Vitamin B3: 0.74mg (3.71%), Fiber: 0.84g (3.35%), Zinc:

0.38mg (2.56%), Vitamin B6: 0.05mg (2.55%), Potassium: 83.93mg (2.4%), Copper: 0.05mg (2.25%), Vitamin B12:
0.11µg (1.9%), Vitamin C: 1.07mg (1.3%)