



Spinach and Artichoke Pie



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



9

CALORIES



181 kcal

Ingredients

- ☐ 14 ounce artichokes coarsely chopped quartered canned
- ☐ 12 ounces baby spinach (I used the pre-washed, bagged kind)
- ☐ 9 servings pepper black to taste
- ☐ 1 pinch ground pepper
- ☐ 1 pound tofu
- ☐ 2 cloves garlic minced
- ☐ 0.3 tsp ground cumin
- ☐ 1 tbsp kalamata olives minced
- ☐ 2 tbsp juice of lemon

- ☐ 2 tbsp nutritional yeast
- ☐ 1 medium onion chopped fine
- ☐ 2 tsp oregano dried
- ☐ 12 sheets dough thawed
- ☐ 1 tsp salt to taste
- ☐ 0.3 cup slivered almonds crushed toasted (or pinenuts)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Add the spinach and 2 tablespoons water, stir, and cover the skillet. (If you couldn't fit all of the spinach in, wait a minute for the spinach to shrink and add more.) Cook until the spinach is completely wilted and shrunken. Set aside. While the spinach is cooking, mash the tofu and stir in the nutritional yeast and all the seasonings, including the olives.
- ☐ Add the artichokes, almonds, and the spinach mixture, and mix well. Preheat the oven to 375 F and lightly spray a 9×13-inch baking dish with olive oil. Unwrap the phyllo dough and arrange it beside the baking dish as described above.
- ☐ Lay a sheet of phyllo over the bottom of the pan, spray it lightly with olive oil, and repeat the process until you have 6 sheets in the bottom of the pan. Make sure the remaining phyllo is covered with a damp cloth, and pour the spinach-tofu filling into the pan, spreading it to completely cover the phyllo. Repeat the phyllo process, covering the filling with six more sheets, spraying each one lightly. Make sure to spray the top sheet thoroughly, so that there are no un-oiled spots. With a sharp knife, cut through the top layer of phyllo to form 9–12 equal pieces. (This helps to keep the phyllo from breaking when you cut it after baking). Put it in the oven and bake for 30–35 minutes, until the top is lightly browned. Enjoy!

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:6.25, Inflammation Score:-10, Nutrition Score:19.259130322415%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 5.57mg, Naringenin: 5.57mg, Naringenin: 5.57mg, Naringenin: 5.57mg Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 180.58kcal (9.03%), Fat: 5.71g (8.79%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 18.48g (6.72%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 468.83mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin K: 192.47µg (183.3%), Vitamin A: 3566.89IU (71.34%), Manganese: 0.7mg (35.19%), Folate: 130.95µg (32.74%), Vitamin C: 18.21mg (22.07%), Fiber: 5.35g (21.42%), Iron: 3.46mg (19.22%), Magnesium: 71.39mg (17.85%), Calcium: 142.89mg (14.29%), Vitamin B1: 0.21mg (14.24%), Potassium: 480.12mg (13.72%), Vitamin B2: 0.23mg (13.43%), Vitamin E: 1.76mg (11.74%), Copper: 0.22mg (11.02%), Phosphorus: 97.57mg (9.76%), Vitamin B3: 1.92mg (9.61%), Selenium: 6.69µg (9.55%), Vitamin B6: 0.17mg (8.31%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.29mg (2.93%)