



Spinach and Feta Clafoutis

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



194 kcal

Ingredients

- 5 ounces baby spinach roughly chopped ()
- 1 tablespoon optional: dill chopped ()
- 3 eggs
- 0.5 cup feta crumbled ()
- 2 tablespoons flour
- 2 green onions sliced ()
- 1 cup milk
- 1 tablespoon olive oil
- 0.5 onion diced ()

- 1 tablespoon parsley chopped ()
- 4 servings salt and pepper to taste

Equipment

- food processor
- frying pan
- oven
- baking pan

Directions

- Heat the oil in a pan.
- Add the onion and saute until tender, about 5–7 minutes.
- Add the green onion and spinach and saute until the spinach wilts.
- Remove from heat and mix in the dill and parsley and season with salt and pepper.
- Pour the spinach mixture into a shallow 6 cup baking dish.
- Mix the milk, eggs, and flour in a food processor and pour it on top of the spinach.
- Sprinkle the feta and mozzarella on top.
- Bake in a preheated 350F oven until puffed and golden brown on top, about 20–30 minutes.

Nutrition Facts

  
 **PROTEIN 21.4%**  **FAT 58.75%**  **CARBS 19.85%**

Properties

Glycemic Index:69.5, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:20.096521792204%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 194.04kcal (9.7%), Fat: 12.83g (19.74%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.45g (3.07%), Sugar: 3.95g (4.38%), Cholesterol: 146.77mg (48.92%), Sodium: 507.85mg (22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.03%), Vitamin K: 202.77µg (193.12%), Vitamin A: 3831.12IU (76.62%), Vitamin B2: 0.49mg (28.74%), Folate: 105.24µg (26.31%), Calcium: 230.82mg (23.08%), Selenium: 15.83µg (22.62%), Phosphorus: 218.41mg (21.84%), Manganese: 0.39mg (19.55%), Vitamin C: 13.52mg (16.39%), Vitamin B12: 0.94µg (15.67%), Vitamin B6: 0.26mg (13.24%), Magnesium: 46.8mg (11.7%), Iron: 2.04mg (11.34%), Potassium: 393.4mg (11.24%), Vitamin E: 1.68mg (11.2%), Zinc: 1.49mg (9.93%), Vitamin B5: 0.98mg (9.8%), Vitamin B1: 0.14mg (9.59%), Vitamin D: 1.41µg (9.37%), Fiber: 1.31g (5.22%), Copper: 0.09mg (4.7%), Vitamin B3: 0.81mg (4.07%)