



Spinach and Matzoh Pie

READY IN



300 min.

SERVINGS



8

CALORIES



350 kcal

Ingredients

- 16 ounce curd cottage cheese
- 0.3 cup optional: dill divided chopped
- 3 large eggs
- 1.5 cups feta divided crumbled
- 20 ounce pkt spinach frozen thawed chopped
- 6 matzos
- 0.3 teaspoon nutmeg grated
- 3 tablespoons olive oil
- 1 medium onion finely chopped
- 2 cups milk whole

Equipment

- bowl
- frying pan
- oven
- sieve
- blender
- baking pan

Directions

- Preheat oven to 400°F with rack in middle.
- Cook onion in oil in a large heavy skillet over medium heat, stirring occasionally, until golden, 12 to 15 minutes.
- Meanwhile, put spinach in a sieve and press out as much liquid as possible.
- Add spinach to onion and cook, stirring occasionally, 5 minutes.
- Remove from heat and stir in 1/3 cup dill, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- Purée cottage cheese in a blender with milk, eggs, nutmeg, and 1/2 teaspoon each of salt and pepper until smooth. Reserve 2 cups in a bowl and stir remainder into spinach with 1 cup feta.
- Stack matzos in a deep dish and pour reserved cottage-cheese mixture over them.
- Let stand 15 minutes to soften.
- Arrange 2 soaked matzos side by side in a generously oiled 13- by 9- by 2-inch (3-quart shallow) baking dish.
- Pour in half of spinach filling. Cover with 2 more matzos, then pour in remaining filling. Put remaining 2 matzos on top and pour any remaining cottage-cheese mixture over them.
- Sprinkle with remaining 1/2 cup feta.
- Bake, uncovered, until golden and set, 30 to 35 minutes. Cool 10 minutes, then serve sprinkled with remaining 2 tablespoons dill.
- Pie can be assembled (but not baked) 1 day ahead and chilled, covered.

Nutrition Facts



■ PROTEIN 22.07% ■ FAT 46.31% ■ CARBS 31.62%

Properties

Glycemic Index:25.5, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:27.066956374956%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 350.09kcal (17.5%), Fat: 18.23g (28.04%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.03g (9.1%), Sugar: 5.64g (6.27%), Cholesterol: 111.74mg (37.25%), Sodium: 603.34mg (26.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.55g (39.09%), Vitamin K: 267.67µg (254.93%), Vitamin A: 8860.28IU (177.21%), Vitamin B2: 0.73mg (42.89%), Selenium: 28.7µg (41.01%), Calcium: 372.81mg (37.28%), Manganese: 0.7mg (34.82%), Phosphorus: 342.5mg (34.25%), Folate: 136.55µg (34.14%), Vitamin E: 3.15mg (21%), Vitamin B12: 1.22µg (20.26%), Magnesium: 80.42mg (20.11%), Vitamin B6: 0.38mg (19.03%), Vitamin B1: 0.26mg (17.06%), Iron: 2.74mg (15.24%), Potassium: 497.32mg (14.21%), Zinc: 2.11mg (14.07%), Vitamin B5: 1.29mg (12.87%), Fiber: 2.97g (11.89%), Vitamin B3: 1.64mg (8.18%), Copper: 0.16mg (8.15%), Vitamin D: 1.22µg (8.1%), Vitamin C: 6.58mg (7.98%)