



Spinach and Pasta Pie



Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

463 kcal

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 16 ounce pasta like spaghetti cooked drained
- ☐ 3 large eggs divided
- ☐ 4 ounce feta cheese crumbled
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup milk

- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 plum tomatoes sliced thin

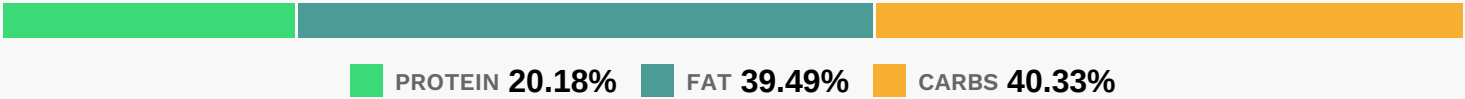
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, beat together 1 egg with a generous pinch of salt and pepper.
- ☐ Whisk in 1 tablespoon canola oil.
- ☐ Add half the spaghetti (reserve the other half for Round 2 Recipe Spinach and Mushroom Pasta). Toss it well to coat and press it into a 9-inch deep dish pie pan to form a crust.
- ☐ In a skillet over medium-high heat, add the remaining oil. When it is hot, add the onion and cook until it is softened, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Remove from the heat and set aside (reserve half the cooked onions for the Round 2 Recipe Spinach and Mushroom Pasta).
- ☐ In a large bowl, whisk together the remaining 2 eggs, milk, Italian seasoning, and salt and pepper, to taste. Stir in the cheese, spinach (reserve 3/4 cup spinach for Round 2 Recipe Spinach and Mushroom Pasta), and remaining half of the cooked onions.
- ☐ Pour the mixture on top of the spaghetti pie crust, top with tomato slices, and sprinkle with Parmesan.
- ☐ Place onto a baking sheet and bake until the pie is set and golden brown, 30 to 35 minutes.
- ☐ Remove and let rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:68.13, Glycemic Load:17.5, Inflammation Score:-10, Nutrition Score:37.18608702784%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 463.48kcal (23.17%), Fat: 20.74g (31.91%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 40.38g (14.68%), Sugar: 4.11g (4.57%), Cholesterol: 170.81mg (56.94%), Sodium: 590.78mg (25.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Vitamin K: 540.81µg (515.05%), Vitamin A: 17164.34IU (343.29%), Selenium: 56.3µg (80.43%), Manganese: 1.52mg (76.21%), Folate: 250.59µg (62.65%), Vitamin B2: 0.81mg (47.65%), Calcium: 471.32mg (47.13%), Vitamin E: 6.14mg (40.96%), Phosphorus: 379.42mg (37.94%), Magnesium: 148.89mg (37.22%), Iron: 5.53mg (30.7%), Fiber: 7.29g (29.15%), Vitamin B6: 0.57mg (28.65%), Potassium: 735.12mg (21%), Zinc: 3.03mg (20.17%), Copper: 0.39mg (19.39%), Vitamin B1: 0.25mg (16.59%), Vitamin B12: 0.97µg (16.17%), Vitamin C: 12.45mg (15.09%), Vitamin B5: 1.26mg (12.62%), Vitamin B3: 1.7mg (8.48%), Vitamin D: 1.06µg (7.08%)