



## Spinach and Sausage Phyllo Bake

READY IN



115 min.

SERVINGS



8

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb ground sausage italian
- ☐ 0.5 cup roasted peppers red thinly sliced (from a jar)
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 4 oz mozzarella cheese shredded
- ☐ 5 eggs beaten
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup ricotta cheese
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 16 sheets dough frozen thawed (filo) ()

☐ 0.5 cup butter melted

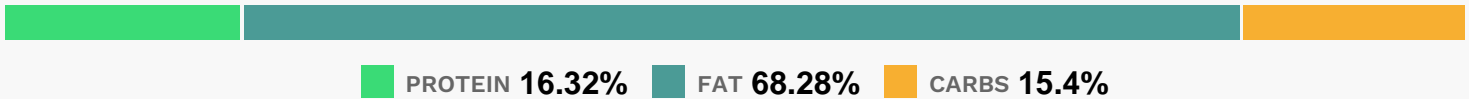
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. In 10-inch skillet, cook sausage over medium heat, stirring occasionally, until no longer pink; drain. Cool slightly. Stir in roasted peppers, olives, mozzarella cheese and eggs.
- ☐ In medium bowl, mix Cheddar cheese, ricotta cheese and spinach.
- ☐ Unroll phyllo pastry; cover with plastic wrap or towel.
- ☐ Place 1 sheet of phyllo in ungreased 13x9-inch (3-quart) glass baking dish, folding to fit.
- ☐ Brush lightly with melted butter. Continue layering and brushing with butter 3 more sheets of phyllo.
- ☐ Spoon half of the sausage mixture over phyllo in baking dish.
- ☐ Layer and brush with butter 4 more phyllo sheets. Top with spinach mixture.
- ☐ Layer and brush with butter 4 more phyllo sheets. Top with remaining sausage mixture.
- ☐ Layer and brush with butter remaining 4 phyllo sheets. Score top of phyllo in diamond shapes.
- ☐ Bake 50 to 60 minutes or until puffed and golden brown.
- ☐ Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.63, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:27.10739154401%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 627.53kcal (31.38%), Fat: 47.6g (73.24%), Saturated Fat: 22.44g (140.24%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 22.14g (8.05%), Sugar: 0.71g (0.78%), Cholesterol: 217.08mg (72.36%), Sodium: 1203.68mg (52.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Vitamin K: 121.79µg (115.99%), Vitamin A: 4695.48IU (93.91%), Selenium: 44.43µg (63.47%), Vitamin B1: 0.59mg (39.04%), Vitamin B2: 0.59mg (34.88%), Phosphorus: 348.64mg (34.86%), Calcium: 318.03mg (31.8%), Folate: 106.9µg (26.72%), Manganese: 0.47mg (23.38%), Vitamin B12: 1.36µg (22.73%), Zinc: 3.06mg (20.4%), Vitamin B3: 3.7mg (18.5%), Iron: 3.29mg (18.26%), Vitamin B6: 0.33mg (16.5%), Vitamin E: 2.04mg (13.63%), Magnesium: 53.05mg (13.26%), Potassium: 393.64mg (11.25%), Vitamin B5: 1.02mg (10.21%), Copper: 0.18mg (9.16%), Vitamin C: 6.96mg (8.43%), Fiber: 2.02g (8.06%), Vitamin D: 0.75µg (5.02%)