



WHATSheATE



HEALTH SCORE

100%

Spinach-Feta Calzone Casserole



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2.3 teaspoons yeast dry
- ☐ 3 ounces feta cheese crumbled
- ☐ 9 ounces flour all-purpose
- ☐ 5 garlic clove divided thinly sliced
- ☐ 1 tablespoon olive oil divided
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion vertically sliced (1 medium)

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds pkt spinach fresh coarsely chopped
- ☐ 0.8 cup water (100° to 110°)

Equipment

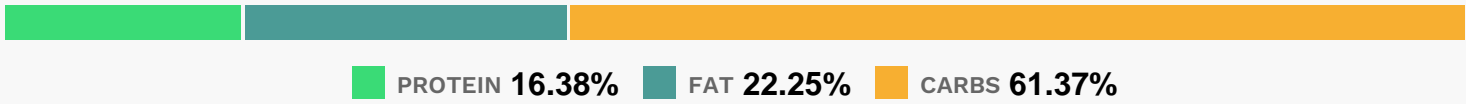
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander

Directions

- ☐ To prepare dough, dissolve yeast in 3/4 cup warm water in a small bowl; let stand 5 minutes. Stir in 1 teaspoon oil. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and 1/2 teaspoon salt in a large bowl; add yeast mixture, stirring until dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 6 minutes).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, for 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 12-inch square; fit dough into an 8-inch square baking pan coated with cooking spray, allowing excess dough to hang over edges of dish.
- ☐ Preheat oven to 42
- ☐ To prepare filling, combine 1 teaspoon oil and 2 garlic cloves; set aside.
- ☐ Heat remaining 2 teaspoons oil in a Dutch oven over medium-high heat.

- ☐ Add remaining 3 garlic cloves and onion; saut 5 minutes or until onion is tender and lightly browned. Spoon onion mixture into a large bowl. Stir in 1/4 teaspoon salt and pepper; keep warm.
- ☐ Add half of spinach to pan; cook 1 minute or until spinach begins to wilt, stirring frequently.
- ☐ Add remaining spinach; cook 5 minutes or until spinach wilts.
- ☐ Place spinach in a colander; press until barely moist.
- ☐ Add spinach and cheese to onion mixture, stirring until well combined.
- ☐ Brush dough with half of garlic-oil mixture; top with spinach mixture. Fold excess dough over filling to cover; brush with remaining garlic-oil mixture.
- ☐ Bake at 425 for 30 minutes or until golden.
- ☐ Let stand 10 minutes.
- ☐ Wine note: Feta cheese is incredibly wine friendly, suitable with white, ros, or even lighter reds. And a sauvignon blanc, like Chateau Ste. Michelle Columbia Valley (\$10), is ideal with the Mediterranean flavors of Spinach-Feta Calzone Casserole. The wine's tangy acidity acts like a squeeze of lemon to punch up the flavors, while the salty cheese emphasizes the citrus fruit notes of the wine. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:25.65, Inflammation Score:-10, Nutrition Score:35.982174018155%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 10mg, Kaempferol: 10mg, Kaempferol: 10mg, Kaempferol: 10mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg

Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 7.22g (11.11%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 39.04g (14.2%), Sugar: 3.04g (3.38%), Cholesterol: 12.62mg (4.21%), Sodium: 578.63mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Vitamin K: 732.82µg (697.92%), Vitamin A: 14263.6IU (285.27%), Folate: 413.21µg (103.3%), Manganese: 1.77mg (88.33%), Vitamin C: 47.22mg (57.23%), Vitamin

B1: 0.63mg (42.11%), Vitamin B2: 0.68mg (40%), Iron: 6.38mg (35.42%), Magnesium: 138.51mg (34.63%), Potassium: 998.72mg (28.53%), Selenium: 18.79µg (26.84%), Calcium: 244.46mg (24.45%), Vitamin B6: 0.49mg (24.39%), Vitamin E: 3.6mg (23.98%), Fiber: 5.78g (23.11%), Vitamin B3: 4.3mg (21.52%), Phosphorus: 194.76mg (19.48%), Copper: 0.3mg (15.07%), Zinc: 1.73mg (11.51%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.24µg (4.01%)