



## Spinach, Leek, and Cheese Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 8 servings coarse salt
- ☐ 3 large eggs beaten at room temperature
- ☐ 11 ounces feta cheese crumbled
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 7 ounces greek yogurt
- ☐ 1 leek white washed thinly sliced well ( part only)

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion diced spanish peeled finely
- ☐ 8 servings pepper freshly ground
- ☐ 1 cup pkt spinach dry chopped
- ☐ 1 tablespoon butter unsalted at room temperature

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ springform pan

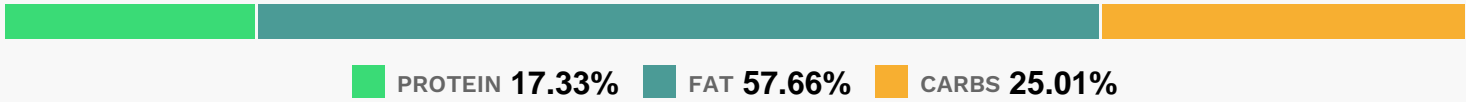
## Directions

- ☐ Heat the oil in a large skillet over medium-low heat.
- ☐ Add the onion and a pinch of salt. Cover and simmer, stirring occasionally, 6 minutes.
- ☐ Add the leek, season with more salt and the pepper, and continue to cook, stirring occasionally, until the vegetables are very soft and translucent, about 8 minutes.
- ☐ Transfer to a bowl and set in an ice bath to cool.
- ☐ Meanwhile, preheat oven to 325°F.
- ☐ Generously coat an 8-inch round nonstick springform pan with butter and chill.
- ☐ Sift together the flour and baking powder in a medium bowl; set aside.
- ☐ Combine the yogurt, feta, onion-and-leek mixture, spinach, and dill in a large bowl.
- ☐ Add the eggs and stir to combine. Using a rubber spatula, gently stir in the flour mixture and season with more salt and pepper.
- ☐ Pour into the prepared pan, gently tapping the sides to level the top.
- ☐ Bake for 30 minutes. Increase heat to 425°F and bake until golden brown and set in the center, about 10 minutes more.

- ☐
- Transfer to a wire rack and cool for 10 minutes before unmolding.

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# Nutrition Facts



## Properties

Glycemic Index:41.5, Glycemic Load:10, Inflammation Score:-7, Nutrition Score:13.64086949307%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

## Nutrients (% of daily need)

Calories: 290.57kcal (14.53%), Fat: 18.66g (28.71%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 17.13g (6.23%), Sugar: 2.17g (2.41%), Cholesterol: 109.45mg (36.48%), Sodium: 720.97mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.25%), Vitamin B2: 0.58mg (34.25%), Selenium: 19.62µg (28.03%), Calcium: 273.28mg (27.33%), Vitamin K: 28.57µg (27.21%), Phosphorus: 240.03mg (24%), Vitamin A: 961.84IU (19.24%), Folate: 71.85µg (17.96%), Vitamin B12: 1µg (16.7%), Vitamin B1: 0.21mg (14.33%), Vitamin B6: 0.28mg (13.93%), Manganese: 0.27mg (13.41%), Zinc: 1.69mg (11.25%), Iron: 1.89mg (10.48%), Vitamin E: 1.47mg (9.83%), Vitamin B5: 0.87mg (8.65%), Vitamin B3: 1.49mg (7.47%), Magnesium: 24.9mg (6.22%), Vitamin C: 5.02mg (6.09%), Potassium: 182.83mg (5.22%), Fiber: 1.08g (4.32%), Copper: 0.08mg (4.11%), Vitamin D: 0.56µg (3.71%)