



Spinach-Matzo Pie

READY IN



85 min.

SERVINGS



8

CALORIES



331 kcal

Ingredients

- 8 servings pepper black to taste
- 1 pinch ground pepper
- 8 ounce cream cheese divided
- 0.3 teaspoon cumin
- 14 ounces tofu (one 14-16 ounce pkg.)
- 20 ounces spinach frozen thawed
- 3 cloves garlic minced
- 2 tablespoons kalamata olives minced
- 2 tablespoons juice of lemon
- 6 matzo

- 0.3 teaspoon nutmeg
- 2 tablespoons nutritional yeast
- 1 medium onion finely chopped
- 2 teaspoons oregano
- 0.5 cup pinenuts
- 1.5 teaspoons salt to taste (or)
- 0.8 cup soymilk divided

Equipment

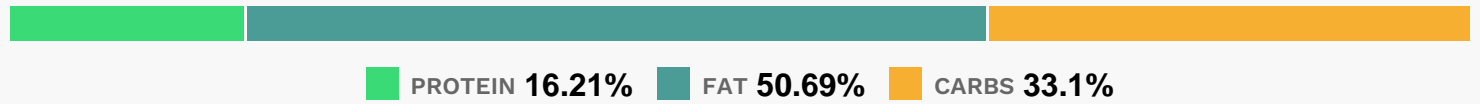
- oven
- blender
- baking pan
- potato masher

Directions

- Heat.
- Add onion and cook until translucent, about 3 minutes.
- Add the garlic and spinach and cook, stirring, until hot. Then add 1/2 of the Tofutti and 1/4 cup milk, stir until well blended, and remove from heat.
- Put the remaining Tofutti into a blender along with the rest of the soy milk and the nutmeg. Blend until smooth. Set aside. Mash the tofu well with a potato masher.
- Add the nutritional yeast, oregano, lemon juice, kalamata olives, cayenne, and cumin.
- Mix well, then add it to the pan with the spinach. Stir until combined and then add salt and freshly ground pepper to taste. Preheat oven to 400F. Spray a 9×13-inch baking dish with non-stick spray.
- Place two of the matzos in the bottom of the baking pan.
- Pour about 1/4 cup of the Tofutti mixture over them and use a brush to coat the matzos well. Cover with half of the spinach. Put two more matzos over the spinach, coat with another 1/4 cup of Tofutti mixture, and top with remaining spinach.

- Put the final two matzos on top, cover with the remaining Tofutti, and sprinkle with pine nuts. Spray lightly with olive oil.
- Bake uncovered for about 20–30 minutes, until golden and set. Cool for 10 minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:24.566956561545%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 331.25kcal (16.56%), Fat: 19.32g (29.72%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 23.83g (8.67%), Sugar: 3.34g (3.71%), Cholesterol: 28.63mg (9.54%), Sodium: 622.95mg (27.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.81%), Vitamin K: 272.24µg (259.28%), Vitamin A: 8804.37IU (176.09%), Manganese: 1.46mg (73.06%), Folate: 123.56µg (30.89%), Vitamin E: 3.84mg (25.6%), Calcium: 231.87mg (23.19%), Selenium: 15.29µg (21.85%), Magnesium: 86.13mg (21.53%), Vitamin B2: 0.36mg (21%), Iron: 3.62mg (20.11%), Fiber: 4.55g (18.19%), Vitamin B1: 0.21mg (14.03%), Phosphorus: 139.74mg (13.97%), Copper: 0.28mg (13.81%), Potassium: 463.83mg (13.25%), Vitamin B6: 0.26mg (13.02%), Vitamin B3: 2.36mg (11.81%), Vitamin C: 8.41mg (10.19%), Zinc: 1.34mg (8.92%), Vitamin B12: 0.3µg (5.02%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.27µg (1.77%)