



Spinach Pie

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread crumbs
- 4 tablespoons butter melted
- 8 ounce curd cottage cheese
- 8 ounces feta cheese crumbled
- 2 teaspoons optional: dill fresh chopped
- 0.3 teaspoon ground pepper black
- 0.5 cup onion chopped
- 0.8 teaspoon poultry seasoning
- 6 servings salt to taste

2 pounds pkt spinach rinsed chopped

Equipment

bowl

oven

casserole dish

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch casserole dish.

In a large bowl, combine the spinach, feta cheese, cottage cheese, onion, poultry seasoning, dill, pepper and salt.

Mix well and pour into prepared dish.

Mix together the breadcrumbs and butter.

Sprinkle over spinach mixture and bake at 350 degrees F (175 degrees C) for 30 minutes.

Nutrition Facts

 **PROTEIN 19.1%** **FAT 45.01%** **CARBS 35.89%**

Properties

Glycemic Index:35, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:37.714782580085%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 9.74mg, Kaempferol: 9.74mg, Kaempferol: 9.74mg, Kaempferol: 9.74mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 387.43kcal (19.37%), Fat: 19.85g (30.55%), Saturated Fat: 11.02g (68.86%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 30.39g (11.05%), Sugar: 4.46g (4.95%), Cholesterol: 60.13mg (20.04%), Sodium: 1187.39mg (51.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.91%), Vitamin K: 736.2µg (701.14%), Vitamin A: 14633.33IU (292.67%), Folate: 351.7µg (87.92%), Manganese: 1.74mg (87.22%), Vitamin C: 43.53mg (52.77%), Vitamin B2: 0.82mg (48.18%), Calcium: 441.64mg (44.16%), Magnesium: 147.38mg (36.84%), Vitamin B1: 0.54mg (36.12%), Iron: 6.24mg (34.66%), Phosphorus: 327.66mg (32.77%), Selenium: 20.1µg (28.72%),

Potassium: 1001.8mg (28.62%), Vitamin B6: 0.54mg (26.8%), Vitamin E: 3.42mg (22.8%), Fiber: 5.22g (20.89%),
Vitamin B3: 3.92mg (19.62%), Zinc: 2.6mg (17.36%), Copper: 0.32mg (16%), Vitamin B12: 0.94µg (15.72%), Vitamin
B5: 0.9mg (9.01%), Vitamin D: 0.19µg (1.26%)