



## Spinach Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 16 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups heavy cream
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 teaspoon salt

☐ 0.5 cup swiss cheese shredded

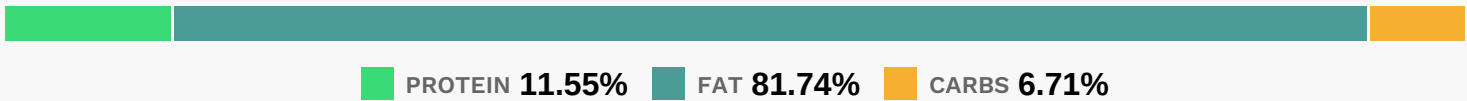
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pie form

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9 inch pie pan with non-stick cooking spray.
- ☐ Melt 2 tablespoons butter in a large saucepan over medium-high heat.
- ☐ Add onions and cook, stirring occasionally, until onions are soft. Squeeze extra water out of the spinach and add the spinach to the skillet. Continue cooking until the spinach is heated through and the extra water evaporates. Spoon mixture into pie pan.
- ☐ In a large bowl, beat together eggs and cream. Stir in salt, pepper and nutmeg.
- ☐ Pour into pie pan, top with shredded Swiss cheese. dot with remaining 1 tablespoon of butter.
- ☐ Bake 25 to 30 minutes until set and golden brown. Cool 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:26.917826092761%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 490.71kcal (24.54%), Fat: 45.97g (70.72%), Saturated Fat: 27.73g (173.33%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.75g (4.17%), Cholesterol: 251.22mg (83.74%), Sodium: 515.83mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin K: 425.9µg (405.62%), Vitamin A: 15075.94IU (301.52%), Folate: 186.11µg (46.53%), Manganese: 0.86mg (42.77%), Vitamin B2: 0.62mg (36.34%), Calcium: 348.4mg (34.84%), Selenium: 23.79µg (33.98%), Vitamin E: 4.7mg (31.35%), Phosphorus: 254.22mg (25.42%), Magnesium: 101.24mg (25.31%), Iron: 2.87mg (15.97%), Potassium: 545.51mg (15.59%), Vitamin B6: 0.3mg (14.96%), Vitamin B12: 0.86µg (14.27%), Fiber: 3.49g (13.96%), Vitamin D: 2.09µg (13.92%), Zinc: 1.89mg (12.59%), Copper: 0.21mg (10.56%), Vitamin B1: 0.14mg (9.53%), Vitamin B5: 0.92mg (9.15%), Vitamin C: 7.15mg (8.67%), Vitamin B3: 0.68mg (3.4%)