

DINNER

Spinach Pie

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	8	\$2.71	467 kcal



Spinach Pie takes about 1 hour and 35 minutes from beginning to end. One portion of this dish contains approximately 19g of protein, 35g of fat, and a total of 467 calories. For \$2.71 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals. This recipe serves 8.

Ingredients

- ☐ 1½ teaspoons freshly ground black pepper

☐ 6 extra large eggs, beaten

☐ 30 ounce packages frozen chopped spinach, defrosted

☐ 2 teaspoons grated nutmeg

☐ ½ cup freshly grated Parmesan cheese

☐ ½ cup pignoli (pine nuts)
- ☐ 3 tablespoons plain dry bread crumbs

☐ ½ pound good feta, cut into 1/2-inch cubes

☐ 2 teaspoons kosher salt

☐ 2 tablespoons good olive oil

☐ 6 sheets phyllo dough, defrosted

☐ ¼ pound salted butter, melted

☐ 3 cups chopped yellow onions (2 onions)

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 375 degrees.
- 3 In a medium saute pan on medium heat, saute the onions with the olive oil until translucent and slightly browned, 10 to 15 minutes.
- 4 Add the salt and pepper and allow to cool slightly.
- 5 Squeeze out and discard as much of the liquid from the spinach as possible.
- 6 Put the spinach into a bowl and then gently mix in the onions, eggs, nutmeg, Parmesan cheese, bread crumbs, feta, and pignoli.
- 7 Butter an ovenproof, nonstick, 8-inch saute pan and line it with 6 stacked sheets of phyllo dough, brushing each with melted butter and letting the edges hang over the pan.
- 8 Pour the spinach mixture into the middle of the phyllo and neatly fold the edges up and over the top to seal in the filling.
- 9 Brush the top well with melted butter.
- 10 Bake for 1 hour, until the top is golden brown and the filling is set.
- 11 Remove from the oven and allow to cool completely.
- 12 Serve at room temperature.

Nutrition per serving

467

KCAL

19 g

PROTEIN

35 g

FAT

24 g

CARBS

Saturated Fat

14.7 g · 92% of daily needs

Fibre

5.1 g · 20% of daily needs

Sugar

4.1 g · 5% of daily needs

Sodium

1,342 mg · 58% of daily needs

Cholesterol

217 mg · 72% of daily needs

Vitamin C

10.4 mg · 13% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spinach-pie-148621