



 **24%**
HEALTH SCORE

Spinach pie with home made dough

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour
- 3.5 oz butter (1 stick)
- 1 carrots
- 5 eggs
- 0.5 lbs feta cheese
- 0.5 bunch optional: dill fresh
- 1 lbs spinach frozen
- 3 tbsp milk (for oiling too)

- 1 onion
- 10 servings bell pepper
- 10 servings bell pepper
- 10 servings salt
- 3.5 oz cream sour
- 1 cup water

Equipment

- bowl
- oven
- microwave
- rolling pin

Directions

- In a large bowl mix the butter and flour together until crumble (the butter must be at room temperature). Then add in the egg (slightly beaten), water and salt and knead until the dough is not sticky anymore.
- Put the dough in the fridge, Covered in plastic, until we make the filling. Filling: In a bowl mix the spinach (you SHOULD defrost the spinach and drain it very well Before, Usually I defrost it in the microwave about 10 to 15 min., That's easier) with the shredded cheese, sour cream, chopped dill, chopped onion and shredded carrots (very thin). Beat the eggs and stir in (but keep one yolk for oiling the surface of the pie) Season with salt and pepper as for your keys. I used half pound of feta cheese in the filling But you CAN add 4.5 oz of feta and 3.5 oz of cheddar cheese (cheddar Makes the more homogenous the filling) Preheat the oven at 356 F. Now you CAN take out the dough from the fridge and divide it in two, one piece is for the bottom of the market and Should Be Bigger, The Other One Will Be for the top of the pie and Will Be Smaller. From the second one we Will make strips and We will make the grid. Make the first sheet with the rolling pin a little bit Thicker, THEN oil the tray and put it inside Covering the sides of the tray.
- Add in the filling, THEN make the other sheet and cut strips. Them interpolated on top of the pie and spread over the yolk mixed with 3 tbsp. of milk. Cook until is nice roasted. Enjoy! it's delightful!

Nutrition Facts

PROTEIN 14.31% FAT 47.09% CARBS 38.6%

Properties

Glycemic Index:34.28, Glycemic Load:16.42, Inflammation Score:-10, Nutrition Score:31.674347826087%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Taste

Sweetness: 85.46%, Saltiness: 74.29%, Sourness: 19.44%, Bitterness: 27.35%, Savoriness: 39.34%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 334.87kcal (16.74%), Fat: 18.06g (27.79%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 27.82g (10.12%), Sugar: 8.02g (8.91%), Cholesterol: 129.75mg (43.25%), Sodium: 598.05mg (26%), Protein: 12.35g (24.7%), Vitamin C: 194.52mg (235.78%), Vitamin A: 11538.73IU (230.77%), Vitamin K: 178.29µg (169.8%), Folate: 201.88µg (50.47%), Vitamin B2: 0.68mg (39.8%), Manganese: 0.69mg (34.73%), Vitamin B6: 0.69mg (34.25%), Selenium: 22.11µg (31.59%), Vitamin E: 4.27mg (28.46%), Vitamin B1: 0.38mg (25.15%), Phosphorus: 227.78mg (22.78%), Calcium: 220.24mg (22.02%), Fiber: 5.48g (21.91%), Iron: 3.25mg (18.03%), Vitamin B3: 3.5mg (17.49%), Potassium: 600.03mg (17.14%), Magnesium: 68.18mg (17.05%), Vitamin B5: 1.27mg (12.72%), Zinc: 1.84mg (12.24%), Vitamin B12: 0.64µg (10.68%), Copper: 0.16mg (8.13%), Vitamin D: 0.58µg (3.87%)