

## Spinach Strudels

 Vegetarian

READY IN



48 min.

SERVINGS



40

CALORIES



131 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs plain
- ☐ 3 extra large eggs lightly beaten
- ☐ 7 ounces feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 20 ounce pkt spinach frozen thawed drained chopped well
- ☐ 1 bunch green onions chopped
- ☐ 0.5 cup olive oil
- ☐ 40 sheets phyllo pastry frozen thawed

- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted melted

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a medium skillet, heat olive oil over a medium heat. Stir in green onions and cook until soft, about 5 minutes. Set aside.
- ☐ Meanwhile in a large bowl, combine spinach, dill, eggs, feta, salt and pepper.
- ☐ Add reserved green onions, and mix well.
- ☐ Unfold 1 sheet of the phyllo pastry, brush with melted butter, and sprinkle lightly with breadcrumbs.
- ☐ Lay another sheet directly on top of the first sheet; repeat butter and breadcrumb steps. Continue to do this until you have 10 layers.
- ☐ Spoon 3/4 cup of spinach mixture (in a sausage-like shape) along longer edge of the top sheet.
- ☐ Roll it up, place on baking sheet, and brush lightly with butter. Score off 1-inch rounds by marking with a knife for easier cutting later. Repeat process with the remaining pastry sheets. You will have 4 rolls total when finished.
- ☐ Bake in a preheated oven for 12 minutes or until edges are lightly brown.
- ☐ Cut into individual servings where you have marked.
- ☐ Serve immediately.

## Nutrition Facts



 **PROTEIN 10.13%**  **FAT 53.95%**  **CARBS 35.92%**

Properties

Glycemic Index:3.6, Glycemic Load:3.72, Inflammation Score:-8, Nutrition Score:8.3034782668819%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 131.1kcal (6.56%), Fat: 7.9g (12.16%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.99g (4%), Sugar: 0.24g (0.27%), Cholesterol: 32.24mg (10.75%), Sodium: 189.94mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin K: 55.38µg (52.74%), Vitamin A: 1855.16IU (37.1%), Selenium: 7.71µg (11.02%), Folate: 42.87µg (10.72%), Manganese: 0.21mg (10.41%), Vitamin B2: 0.17mg (9.74%), Vitamin B1: 0.14mg (9.28%), Iron: 1.06mg (5.91%), Calcium: 51.56mg (5.16%), Phosphorus: 50.08mg (5.01%), Vitamin B3: 0.99mg (4.97%), Vitamin E: 0.69mg (4.62%), Magnesium: 15.77mg (3.94%), Fiber: 0.85g (3.41%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.4mg (2.65%), Copper: 0.05mg (2.46%), Vitamin B12: 0.14µg (2.26%), Potassium: 77.96mg (2.23%), Vitamin B5: 0.2mg (1.97%), Vitamin D: 0.19µg (1.26%), Vitamin C: 0.91mg (1.1%)