

STARTER & SNACK

Super Special Spinach Pie

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.98	211 kcal

Super Special Spinach Pie might be a good recipe to expand your hor d'oeuvre repertoire. This recipe makes 8 servings with 211 calories, 8g of protein, and 18g of fat each. For 98 cents per serving, this recipe covers 17% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 12 ounce packages fresh baby spinach
- ☐ 4 large eggs, lightly beaten
- ☐ ¼ teaspoon garlic powder
- ☐ ¼ teaspoon pepper
- ☐ ¾ cup whipping cream
- ☐ ¼ cup butter
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 ounces 1/2 cup shredded Parmesan cheese
- ☐ ¼ teaspoon salt

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1

Rinse spinach well; drain.
- 2

Melt butter in a large skillet over medium heat.
- 3

Add spinach, and cook just until wilted.
- 4

Combine flour, salt, pepper, and garlic powder in large bowl.
- 5

Add spinach, eggs, whipping cream, and Parmesan cheese, stirring well.

- 6 Pour mixture into a lightly greased 9-inch pie plate.
- 7 Bake at 350 for 25 minutes or until pie is set.
- 8 Let stand 10 minutes.
- 9 Cut pie into wedges.

Nutrition per serving

211	8 g	18 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			10.8 g · 67% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			1 g · 1% of daily needs
Sodium			307 mg · 13% of daily needs
Cholesterol			138 mg · 46% of daily needs
Vitamin C			12.1 mg · 15% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/super-special-spinach-pie-148387