



Super Spinach Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baking potato
- 0.5 teaspoon pepper black freshly ground
- 1 large carrots
- 1 clove garlic minced
- 2 pinches ground nutmeg
- 1 cup curd cottage cheese low-fat
- 1 tablespoon olive oil
- 2 cups onion chopped

- 4 sheets phyllo dough
- 0.5 teaspoon salt
- 10 ounces pkt spinach rinsed
- 3 tablespoons butter unsalted melted

Equipment

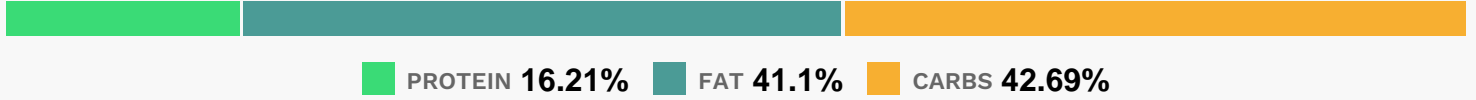
- food processor
- frying pan
- oven
- pot

Directions

- Peel potatoes and carrots and cut into 1/2 inch cubes. In a small pot of salted boiling water, cook the potato and carrot cubes until they are tender, about 10 minutes.
- Drain them, and run under cold water for a few seconds
- In a heavy skillet, heat the olive oil over medium heat.
- Add the onions, and cook them, stirring frequently for 5 minutes or until they have softened.
- Add the garlic, and saute for 1 minute.
- Add the spinach in two or three batches, letting each batch wilt before you add more.
- Take the spinach mixture off the heat and spoon it into a food processor.
- Add the cottage cheese, nutmeg, salt and pepper and adjust the seasonings, if you like. Puree the mixture well.
- Preheat the oven to 400 degrees F (200 degrees C).
- Lay a sheet of phyllo on your work surface and brush it lightly with melted butter.
- Place another sheet of phyllo on top and butter it. Do the same with the third and fourth sheets.
- Cut the layered phyllo in half crosswise, so that the pieces are 8 1/2 by 11 inches.
- Spoon the spinach filling into a shallow casserole approximately 8 by 10 inches in size.
- Add the potatoes and carrots, and stir them in.

- Place the phyllo layers over the filling. Turn under the edges as necessary to fit the pan.
- Bake the pie at 400 degrees F (200 degrees F) for 20 minutes or until the phyllo is golden brown.
- Cut the pie into portions and serve.

Nutrition Facts



Properties

Glycemic Index:36.06, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:14.543043568082%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 122.33kcal (6.12%), Fat: 5.75g (8.84%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 11.57g (4.21%), Sugar: 2.64g (2.93%), Cholesterol: 9.93mg (3.31%), Sodium: 275.04mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin K: 139.91µg (133.25%), Vitamin A: 3977.02IU (79.54%), Manganese: 0.4mg (20.01%), Folate: 75.13µg (18.78%), Vitamin C: 12.07mg (14.63%), Vitamin B6: 0.2mg (9.96%), Potassium: 346.11mg (9.89%), Magnesium: 34.33mg (8.58%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 75.44mg (7.54%), Iron: 1.35mg (7.48%), Fiber: 1.86g (7.46%), Vitamin B1: 0.11mg (7.1%), Selenium: 4.43µg (6.33%), Vitamin E: 0.94mg (6.27%), Calcium: 57.64mg (5.76%), Copper: 0.09mg (4.68%), Vitamin B3: 0.88mg (4.4%), Zinc: 0.42mg (2.8%), Vitamin B12: 0.15µg (2.49%), Vitamin B5: 0.22mg (2.21%)