



Swiss Chard Spanakopita Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 large egg whites
- ☐ 4 ounces feta cheese crumbled
- ☐ 3 tablespoons mint leaves fresh minced
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.8 cup spring onion minced
- ☐ 2 ounces parmesan cheese freshly grated
- ☐ 10 sheets dough frozen thawed ()

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds swiss chard trimmed chopped
- ☐ 2.3 cups onion white minced

Equipment

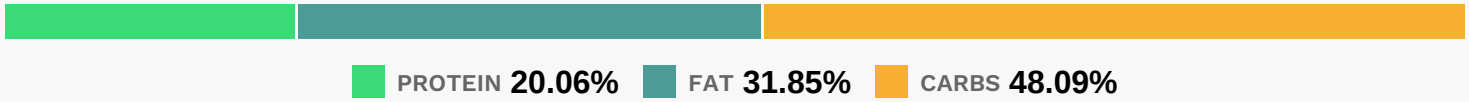
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add white onion; saut 7 minutes or until golden.
- ☐ Add green onions and garlic, and saut 1 minute. Stir in chard; cook 2 minutes or until chard wilts. Stir in parsley and mint, and cook 1 minute.
- ☐ Place in a large bowl; cool slightly. Stir in cheeses, salt, pepper, and egg whites.
- ☐ Place 1 phyllo sheet on a large cutting board (cover remaining phyllo to prevent drying), and coat with cooking spray. Top with 1 phyllo sheet, and coat with cooking spray. Repeat procedure with 3 additional sheets.
- ☐ Cut phyllo stack into a 14-inch square.
- ☐ Place square in center of a 13 x 9-inch baking dish coated with cooking spray, allowing phyllo to extend up long sides of dish.
- ☐ Cut 14 x 4-inch piece into 2 (7 x 4-inch) rectangles. Fold each rectangle in half lengthwise.
- ☐ Place a rectangle against each short side of dish.
- ☐ Spread the chard mixture evenly over phyllo.
- ☐ Place 1 phyllo sheet on a large cutting board (cover remaining phyllo to prevent drying), and coat with cooking spray. Top with 1 phyllo sheet, and coat with cooking spray. Repeat procedure with remaining phyllo sheets.

- ☐
- Place 18 x 14-inch phyllo stack over chard mixture. Fold phyllo edges into center. Coat with cooking spray. Score phyllo by making 2 lengthwise cuts and 3 crosswise cuts to form 12 rectangles.
- ☐
- Bake at 350 for 40 minutes or until golden.
- ☐
- Cut the phyllo stacks so they fit in and up the long side of the baking dish. Arrange folded section against short edges of dish to encase filling.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:16.668260746676%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 124.16kcal (6.21%), Fat: 4.51g (6.93%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.24g (4.81%), Sugar: 2.16g (2.4%), Cholesterol: 12.52mg (4.17%), Sodium: 502.09mg (21.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Vitamin K: 517.19µg (492.56%), Vitamin A: 3833.25IU (76.67%), Vitamin C: 23.7mg (28.72%), Manganese: 0.38mg (18.76%), Vitamin B2: 0.26mg (15.09%), Magnesium: 59.17mg (14.79%), Calcium: 138.39mg (13.84%), Selenium: 9.22µg (13.17%), Phosphorus: 115.29mg (11.53%), Iron: 1.98mg (10.99%), Folate: 39.7µg (9.93%), Vitamin B1: 0.15mg (9.73%), Potassium: 337.43mg (9.64%), Fiber: 2.07g (8.29%), Vitamin B6: 0.16mg (7.89%), Vitamin E: 1.18mg (7.88%), Copper: 0.15mg (7.56%), Zinc: 0.88mg (5.87%), Vitamin B3: 1.1mg (5.49%), Vitamin B12: 0.23µg (3.85%), Vitamin B5: 0.33mg (3.27%)