



Turkey-Feta Phyllo Bake

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup onion finely chopped
- ☐ 2 lb pd of ground turkey 93% lean (at least)
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 2 teaspoons garam masala
- ☐ 8 oz feta cheese crumbled
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs

- ☐ 5 sheets dough frozen thawed (filo) ()
- ☐ 1 serving pam original flavor shopping list

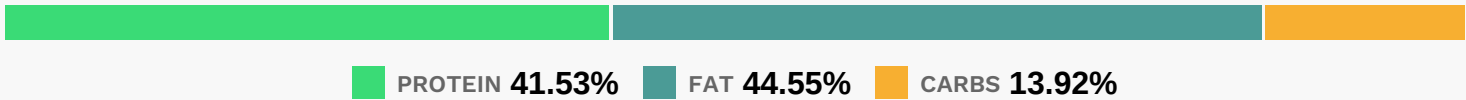
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 12-inch skillet, melt butter over medium high heat. Cook onion in butter 5 minutes, stirring occasionally, until onion is tender.
- ☐ Add turkey; cook 8 to 9 minutes or until turkey is no longer pink.
- ☐ Add spinach and garam masala, stirring until blended. Cool 5 minutes.
- ☐ Stir cheese, pine nuts, salt and egg into turkey mixture until well blended. Spoon into baking dish.
- ☐ Unroll phyllo sheets; cover with plastic wrap or towel.
- ☐ Place 1 phyllo sheet on top of turkey mixture; spray with cooking spray. Repeat with remaining 4 phyllo sheets; spray top sheet.
- ☐ Bake 15 to 20 minutes or until phyllo is crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:19.831739301267%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 218.58kcal (10.93%), Fat: 10.99g (16.9%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.53g (2.37%), Sugar: 0.87g (0.96%), Cholesterol: 72.04mg (24.01%), Sodium: 432.93mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.08%), Vitamin K: 81.72µg (77.83%), Vitamin A: 2696.47IU (53.93%), Vitamin B3: 8.14mg (40.7%), Vitamin B6: 0.79mg (39.65%), Selenium: 23.88µg (34.12%), Phosphorus: 284.88mg (28.49%), Manganese: 0.55mg (27.29%), Vitamin B2: 0.34mg (20.19%), Zinc: 2.34mg (15.63%), Folate: 55.45µg (13.86%), Magnesium: 53.91mg (13.48%), Calcium: 130.22mg (13.02%), Vitamin B12: 0.74µg (12.33%), Vitamin B1: 0.16mg (10.69%), Potassium: 362.07mg (10.34%), Vitamin B5: 0.98mg (9.78%), Iron: 1.66mg (9.23%), Vitamin E: 1.17mg (7.82%), Copper: 0.15mg (7.3%), Fiber: 1.19g (4.78%), Vitamin D: 0.45µg (3.01%), Vitamin C: 2.19mg (2.66%)