

# Spanakopita Triangles

Yield: 13 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/fillo-dough-shells-indian-recipe>

## Ingredients:

- 10 ounces frozen spinach thawed and squeezed dry
- 4 ounces feta cheese crumbled
- 1/2 cup onion diced
- 2 cloves garlic minced
- 1 egg beaten
- 1/4 teaspoon dill
- 8 ounces fillo dough thawed
- 1 stick butter melted

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 45 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 6 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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