

Spanakopita

Yield: 30 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-spinach-pizza-recipe>

Ingredients:

- 1 1/2 pounds spinach tough stems removed, coarsely chopped
- 1 1/2 cups crumbled feta cheese
- 1/2 cup kefalotiri grated, Parmigiano- Reggiano or pecorino cheese
- 4 eggs lightly beaten
- 2 tablespoons chopped fresh mint
- 1/2 teaspoon ground nutmeg
- freshly ground pepper Salt and, to taste
- 1/2 pound filo dough 20 sheets, thawed if frozen
- 8 tablespoons unsalted butter melted and cooled

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4 grams
8. Sodium: 190 milligrams

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