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Kale Spinach Feta Pie ♦♦

A delicious vegetarian pie made with kale, spinach, and feta cheese. This pie is a perfect option for a healthy and flavorful meal.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 83 g

Ingredients

200 g	kale
200 g	spinach
150 g	feta cheese
200 g	pie crust
3 pieces	Eggs
200 ml	milk

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pan, sauté the kale and spinach until wilted. Remove from heat and let cool.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a bowl, whisk together the eggs, milk, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Roll out the pie crust and line a pie dish with it. Trim the edges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Spread the sautéed kale and spinach evenly over the pie crust. Crumble the feta cheese on top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Pour the egg mixture over the kale, spinach, and feta cheese.

Prep Time: 5 mins

Cook Time: 30 mins

Step 7

Baking

Bake in the preheated oven for 30 minutes or until the pie is set and golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 8

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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