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Spinach with Feta Turnover ♦♦

Spinach with feta turnover is a delicious vegetarian recipe that originated in the Mediterranean region. It is made by stuffing a flaky pastry with a mixture of spinach and feta cheese. This savory turnover is a popular appetizer or snack and can be enjoyed by both vegetarians and non-vegetarians.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	puff pastry
200 g	spinach
150 g	feta cheese
1	Egg
1 tsp	Salt

1 tsp Pepper

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Thaw the puff pastry according to the package instructions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Wash and chop the spinach.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, mix the spinach, crumbled feta cheese, beaten egg, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Roll out the puff pastry and cut it into squares or rectangles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Place a spoonful of the spinach and feta mixture onto each pastry square.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Fold the pastry over the filling to form a turnover shape and seal the edges with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Place the turnovers on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Brush the turnovers with beaten egg for a golden crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Baking

Bake in the preheated oven for 25-30 minutes or until the turnovers are golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%
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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Picnic

Cuisines

Mexican Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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