

Spinach Pie III

Delores Skrivanek

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12 phyllo sheets
1 stick butter melted American cheese
2 packages (10 ounce ea) frozen
chopped spinach, cooked and drained
1 package (8 ounce) cream cheese
1/2 pound feta cheese
1/2 cup cooking oil
1 carton (12 ounce) small curd
cottage cheese
2 eggs, beaten
1 teaspoon parsley
1 teaspoon dill weed
salt (to taste)
pepper (to taste)

Preheat the oven to 350 degrees.

Brush each phyllo sheet with butter and layer six of them in a 9x13-inch pan.

In a bowl, combine the cheeses, oil, eggs, parsley, dill weed, salt and pepper.

Add the cooked, drained spinach to the cheese mixture. Pour onto the phyllo sheets.

Layer the remaining six phyllo sheets on top (each brushed with butter).

Bake for 20 to 30 minutes, uncovered.

Per Serving (excluding unknown items): 3657 Calories; 327g Fat (78.6% calories from fat); 143g Protein; 57g Carbohydrate; 27g Dietary Fiber; 1111mg Cholesterol; 7525mg Sodium. Exchanges: 16 1/2 Lean Meat; 7 1/2 Vegetable; 54 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	3657	Vitamin B6 (mg):	2.6mg
% Calories from Fat:	78.6%	Vitamin B12 (mcg):	7.8mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	15.3%	Riboflavin B2 (mg):	5.1mg
Total Fat (g):	327g	Folacin (mcg):	1261mcg
Saturated Fat (g):	151g	Niacin (mg):	7mg
Monounsaturated Fat (g):	85g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	74g	Alcohol (kcal):	0
Cholesterol (mg):	1111mg	% Refuse:	0.0%

Carbohydrate (g): 57g
Dietary Fiber (g): 27g
Protein (g): 143g
Sodium (mg): 7525mg
Potassium (mg): 3927mg
Calcium (mg): 3887mg
Iron (mg): 26mg
Zinc (mg): 20mg
Vitamin C (mg): 223mg
Vitamin A (i.u.): 78489IU
Vitamin A (r.e.): 9201RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 16 1/2
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 54 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3657 **Calories from Fat:** 2875

% Daily Values*

Total Fat 327g	503%
Saturated Fat 151g	753%
Cholesterol 1111mg	370%
Sodium 7525mg	314%
Total Carbohydrates 57g	19%
Dietary Fiber 27g	110%
Protein 143g	
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Vitamin A	1570%
Vitamin C	372%
Calcium	389%
Iron	146%

* Percent Daily Values are based on a 2000 calorie diet.