



Washington  
Farmers Market  
Nutrition Program

# Crust-less Spinach Pie

Serves 2-3



## Ingredients:

- 2 tablespoons butter or margarine
- 2 large eggs
- 1/2 cup flour
- 1/2 cup low-fat milk
- 2 cloves garlic, minced or 1/2  
teaspoon garlic powder
- 1/2 teaspoon baking powder
- 1 cup (4 ounces) mozzarella
- 2 cups fresh spinach, chopped

## Directions:

1. Preheat oven to 350°F.
2. Melt butter or margarine in a  
8-inch baking pan.
3. Beat eggs well. Add flour, milk,  
garlic and baking powder. Pour  
into baking pan. Stir in cheese  
and spinach.
4. Bake for 30-35 minutes or until  
firm and the cheese is slightly  
golden brown.



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<b>Nutrition Facts</b>	
Serving Size (155g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 310</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>27%</b>
Saturated Fat 11g	<b>53%</b>
<b>Cholesterol 150mg</b>	<b>49%</b>
<b>Sodium 510mg</b>	<b>21%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 3g	
<b>Protein 15g</b>	
Vitamin A 40%	• Vitamin C 10%
Calcium 40%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Options

- To reduce cholesterol, use an egg substitute or 4 egg whites instead of 2 whole eggs.
- Use kale, chard, collards or other fresh greens instead of spinach.
- Use non-fat milk to reduce the fat content.
- Experiment with different kinds of cheeses.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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