



Spanakopita

A traditional Greek spinach and feta cheese savoury pie

Spinach is rich in vitamins and minerals which not only assist in keeping our skin healthy but also helps maintain our eyesight and regulate our blood pressure.

Ingredients

Spinach (33%), Pastry [Wheat Flour, Margarine, (contains 322 (Soy))], Eggs, Onions, Feta Cheese (6.5%), Breadcrumbs [Wheat Flour, Yeast, Salt, Water, Thiamine, Folic Acid], Wheat Flour, Canola Oil, White Rice, Rice Flour, Parsley, Salt, Sugar, Dill, Water, Vegetable Stock Powder [Yeast Extract], Sesame Seeds, Aniseed, Milk, White Pepper. CONTAINS GLUTEN, WHEAT, EGG, MILK, SOYBEAN, SESAME SEEDS. MAY CONTAIN PEANUTS, TREE NUTS & SULPHITES.

Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1789kj (429Cal)	813kJ (195Cal)
Protein:	13.4g	6.1g
Fat, Total:	22.2g	10.1g
--Saturated:	9.9g	4.5g
Carbohydrates:	44.4g	20.2g
--Sugars:	7.3g	3.3g
Dietary Fibre:	2.2g	1g
Sodium:	968mg	440mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.