

## Baked Spinach

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

### Ingredients

- 0.5 cup bread crumbs dried
- 0.3 cup butter melted
- 3 eggs beaten
- 0.3 cup flour all-purpose
- 0.1 teaspoon ground pepper black
- 1 cup milk
- 0.5 teaspoon salt
- 0.8 cup cheddar cheese shredded

1.3 pounds pkt spinach

## Equipment

oven

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish.

Clean spinach thoroughly.

Remove all excess water. Chop spinach. Arrange spinach and flour in layers, nestle beaten eggs about midway between the layers.

Combine cheese and bread crumbs.

Mix in optional parsley, if desired.

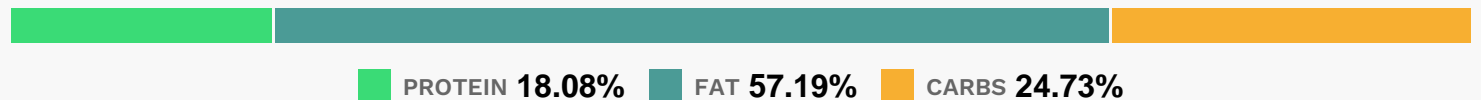
Sprinkle over top of spinach.

Mix butter or margarine, milk, salt and pepper.

Pour over all ingredients.

Bake at 350 degrees F (175 degrees C) oven for 50 minutes to one hour.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:21.923913002014%

## Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 193.24kcal (9.66%), Fat: 12.57g (19.34%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 10.26g (3.73%), Sugar: 2.29g (2.55%), Cholesterol: 90.89mg (30.3%), Sodium: 400.74mg (17.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Vitamin K: 343.72µg (327.35%), Vitamin A:

7067.94IU (141.36%), Folate: 162.06µg (40.52%), Manganese: 0.74mg (36.78%), Vitamin C: 19.92mg (24.14%), Calcium: 206.69mg (20.67%), Vitamin B2: 0.35mg (20.42%), Selenium: 12.45µg (17.79%), Magnesium: 68.45mg (17.11%), Phosphorus: 163.83mg (16.38%), Iron: 2.74mg (15.22%), Potassium: 491.71mg (14.05%), Vitamin E: 1.88mg (12.53%), Vitamin B1: 0.18mg (11.89%), Vitamin B6: 0.2mg (10.12%), Zinc: 1.23mg (8.23%), Fiber: 1.98g (7.91%), Vitamin B12: 0.46µg (7.66%), Copper: 0.13mg (6.56%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.73µg (4.86%)