



Baked Spinach & Rice

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice cooked
- ☐ 3 eggs beaten
- ☐ 10 oz spinach frozen thawed drained chopped well
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 8 oz creamy pimiento cheese cubed
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 lb at least of turkey bacon crumbled cooked

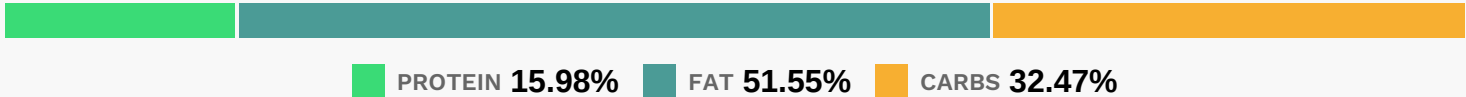
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ In a large bowl, combine all ingredients, mixing well.
- ☐ Spread in a greased 10"x6" baking pan; smooth top with a spatula.
- ☐ Bake, uncovered, at 350 degrees for 30 minutes.
- ☐ Let stand 5 minutes; cut into squares.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.18, Inflammation Score:-10, Nutrition Score:17.030869743098%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 231.34kcal (11.57%), Fat: 12.56g (19.33%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.36g (5.95%), Sugar: 3.43g (3.81%), Cholesterol: 90.73mg (30.24%), Sodium: 668.27mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin K: 133.26µg (126.92%), Vitamin A: 4696.82IU (93.94%), Manganese: 0.46mg (23%), Selenium: 13.85µg (19.79%), Calcium: 165.36mg (16.54%), Folate: 65.73µg (16.43%), Vitamin C: 12.24mg (14.84%), Phosphorus: 135.82mg (13.58%), Vitamin B2: 0.2mg (11.83%), Vitamin B6: 0.2mg (9.86%), Vitamin E: 1.46mg (9.75%), Magnesium: 38.87mg (9.72%), Iron: 1.38mg (7.67%), Zinc: 1.06mg (7.08%), Potassium: 238.45mg (6.81%), Copper: 0.12mg (5.77%), Fiber: 1.44g (5.75%), Vitamin B5: 0.47mg (4.69%), Vitamin B3: 0.92mg (4.6%), Vitamin B1: 0.06mg (4.18%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.39µg (2.58%)