



## Cheddar Jack Creamed Spinach

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

### Ingredients

- 18 oz baby spinach leaves
- 4 oz philadelphia cream cheese cubed ()
- 2 cloves garlic minced
- 6 oz take cheddar jack & bacon recipe cheese breadcrumb mix mixed fresh
- 2 tsp oil
- 0.5 cup onions chopped

### Equipment

- frying pan

oven

## Directions

Heat oven to 350F.

Cook onions and garlic in oil in large skillet on medium heat 3 min., stirring frequently.

Add spinach; cook and stir 4 min. or just until wilted.

Drain.

Add cream cheese and half the FRESH TAKE to spinach mixture; mix well. Spoon into 9-inch pie plate sprayed with cooking spray; top with remaining FRESH TAKE.

Bake 10 to 12 min. or until spinach mixture is heated through and topping is golden brown.

## Nutrition Facts

 PROTEIN **19.63%**  FAT **69.6%**  CARBS **10.77%**

## Properties

Glycemic Index:23.83, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:22.23000001389%

## Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 16.94g (26.06%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 3.78g (1.37%), Sugar: 1.78g (1.98%), Cholesterol: 44.32mg (14.77%), Sodium: 297.33mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Vitamin K: 413.03µg (393.36%), Vitamin A: 8447.19IU (168.94%), Folate: 174.36µg (43.59%), Manganese: 0.8mg (40.1%), Calcium: 318.89mg (31.89%), Vitamin C: 25.2mg (30.54%), Magnesium: 78.13mg (19.53%), Phosphorus: 193.16mg (19.32%), Vitamin B2: 0.32mg (18.79%), Potassium: 545.96mg (15.6%), Vitamin E: 2.23mg (14.86%), Iron: 2.57mg (14.3%), Vitamin B6: 0.23mg (11.36%), Selenium: 6.8µg (9.71%), Zinc: 1.43mg (9.53%), Fiber: 2.12g (8.47%), Copper: 0.13mg (6.56%), Vitamin B1: 0.08mg (5.54%), Vitamin B12: 0.28µg (4.61%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.24mg (2.45%), Vitamin D: 0.17µg (1.13%)