



Cheddar Jack Creamed Spinach

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



40 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:4.47, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:7.1221740317086%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 39.66kcal (1.98%), Fat: 3.18g (4.89%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.33g (0.37%), Cholesterol: 8.31mg (2.77%), Sodium: 55.75mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin K: 77.44µg (73.76%), Vitamin A: 1583.85IU (31.68%), Folate: 32.69µg (8.17%), Manganese: 0.15mg (7.52%), Calcium: 59.79mg (5.98%), Vitamin C: 4.72mg (5.73%), Magnesium: 14.65mg (3.66%), Phosphorus: 36.22mg (3.62%), Vitamin B2: 0.06mg (3.52%), Potassium: 102.37mg (2.92%), Vitamin E: 0.42mg (2.79%), Iron: 0.48mg (2.68%), Vitamin B6: 0.04mg (2.13%), Selenium: 1.27µg (1.82%), Zinc: 0.27mg (1.79%), Fiber: 0.4g (1.59%), Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.04%)