



Cheese Straw-Spinach Casserole

READY IN



60 min.

SERVINGS



12

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups onion finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 16 oz cream cheese softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 eggs
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 45 oz spinach frozen thawed chopped

- ☐ 8 oz cheddar cheese shredded
- ☐ 2 cups cheese crushed
- ☐ 1.5 cups frangelico

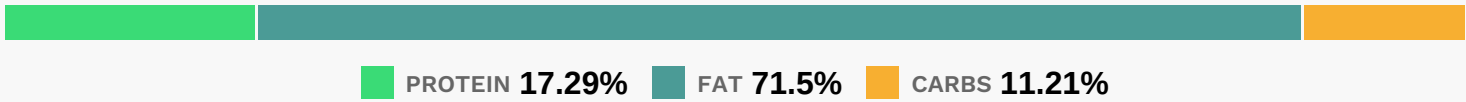
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In 10-inch skillet, melt butter over medium-high heat. Cook onion and garlic in butter, stirring frequently, until golden.
- ☐ In large bowl, mix cream cheese and flour until smooth.
- ☐ Add eggs, one at a time. Stir in salt and pepper. Beat in half-and-half with wire whisk until blended.
- ☐ Add spinach, Cheddar cheese and onion mixture. Spoon mixture into baking dish.
- ☐ Sprinkle with cheese straws.
- ☐ Bake uncovered 30 to 35 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:25.764347916064%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 366.13kcal (18.31%), Fat: 29.99g (46.14%), Saturated Fat: 15.75g (98.43%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 7.1g (2.58%), Sugar: 3.12g (3.47%), Cholesterol: 103.19mg (34.4%), Sodium: 585.37mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.63%), Vitamin K: 397.36µg (378.44%), Vitamin A: 13517.19IU (270.34%), Calcium: 451.67mg (45.17%), Folate: 175.07µg (43.77%), Manganese: 0.81mg (40.33%), Selenium: 23.16µg (33.08%), Vitamin B2: 0.54mg (31.68%), Phosphorus: 288.66mg (28.87%), Vitamin E: 3.88mg (25.88%), Magnesium: 96.78mg (24.2%), Zinc: 2.31mg (15.42%), Potassium: 491.49mg (14.04%), Fiber: 3.48g (13.91%), Vitamin B6: 0.27mg (13.69%), Iron: 2.35mg (13.07%), Vitamin B1: 0.14mg (9.53%), Copper: 0.19mg (9.47%), Vitamin B12: 0.55µg (9.2%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.62mg (6.2%), Vitamin B3: 0.7mg (3.5%), Vitamin D: 0.37µg (2.49%)