



Creamy Spinach Bake

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



347 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter melted
- 8 oz knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 20 oz pkt spinach frozen thawed drained chopped well
- 1 clove garlic minced
- 0.1 tsp ground nutmeg
- 0.5 cup onions chopped

0.1 tsp pepper

Equipment

bowl

frying pan

oven

blender

Directions

Heat oven to 325F.

Melt butter in small skillet on medium heat.

Add onions and garlic; cook and stir 5 min. or until crisp-tender. Beat cream cheese, sour cream, eggs and pepper in large bowl with mixer until blended.

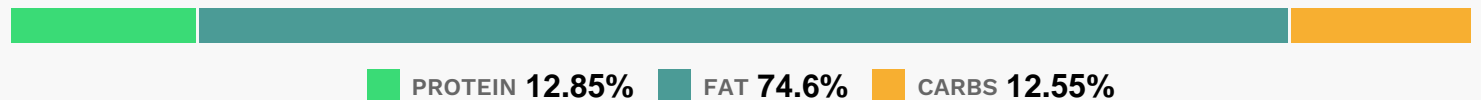
Add onion mixture and spinach; mix just until blended.

Spoon into 9-inch square pan sprayed with cooking spray.

Sprinkle with nutmeg; cover.

Bake 45 min. or until heated through and lightly browned, uncovering after 30 min.

Nutrition Facts



Properties

Glycemic Index:47.2, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:24.976521740789%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 347.28kcal (17.36%), Fat: 29.9g (46.01%), Saturated Fat: 16.1g (100.62%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 7.72g (2.81%), Sugar: 4.79g (5.32%), Cholesterol: 176.89mg (58.96%), Sodium: 296.91mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Vitamin K: 423.91µg (403.72%), Vitamin

A: 14403.06IU (288.06%), Folate: 186.83µg (46.71%), Manganese: 0.85mg (42.72%), Vitamin B2: 0.56mg (33.02%), Selenium: 20.68µg (29.55%), Vitamin E: 4.2mg (27.99%), Calcium: 256.65mg (25.66%), Magnesium: 98.83mg (24.71%), Phosphorus: 197.28mg (19.73%), Potassium: 572.67mg (16.36%), Vitamin B6: 0.31mg (15.54%), Iron: 2.74mg (15.21%), Fiber: 3.6g (14.39%), Copper: 0.21mg (10.39%), Vitamin C: 8.02mg (9.72%), Vitamin B1: 0.15mg (9.71%), Vitamin B5: 0.95mg (9.49%), Zinc: 1.39mg (9.27%), Vitamin B12: 0.43µg (7.25%), Vitamin D: 0.53µg (3.52%), Vitamin B3: 0.7mg (3.52%)