



Crumb-Topped Spinach Casserole

 Vegetarian

READY IN



56 min.

SERVINGS



10

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 40 oz spinach frozen thawed chopped
- ☐ 2 garlic clove minced
- ☐ 1 cup panko bread crumbs homemade (panko)

- ☐ 1 cup milk
- ☐ 1 medium onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cheddar cheese shredded

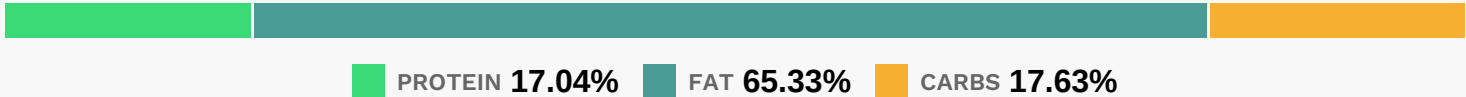
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt 2 Tbsp. butter in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic, and saut 8 minutes or until tender.
- ☐ Meanwhile, drain spinach well, pressing between paper towels to remove excess moisture.
- ☐ Blend cream cheese and flour in a large bowl until smooth.
- ☐ Whisk in eggs, salt, and pepper. Gradually whisk in milk until blended.
- ☐ Add sauted onions, spinach, and cheese, stirring to blend. Spoon into a lightly greased 11" x 7" baking dish.
- ☐ Combine breadcrumbs and 3 Tbsp. melted butter in a small bowl; toss well, and sprinkle over casserole.
- ☐ Bake, uncovered, at 350 for 30 to 35 minutes or until thoroughly heated and breadcrumbs are browned.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:26.016521702642%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 318.51kcal (15.93%), Fat: 23.92g (36.79%), Saturated Fat: 13.43g (83.92%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 10.71g (3.89%), Sugar: 3.73g (4.14%), Cholesterol: 100.76mg (33.59%), Sodium: 532.71mg (23.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.07%), Vitamin K: 423.99µg (403.8%), Vitamin A: 14097.9IU (281.96%), Folate: 187.42µg (46.86%), Manganese: 0.9mg (45.16%), Calcium: 381.03mg (38.1%), Vitamin B2: 0.52mg (30.78%), Selenium: 20.94µg (29.91%), Vitamin E: 3.94mg (26.28%), Magnesium: 101.73mg (25.43%), Phosphorus: 245.54mg (24.55%), Iron: 2.78mg (15.44%), Fiber: 3.81g (15.25%), Potassium: 524.36mg (14.98%), Vitamin B6: 0.28mg (14.21%), Vitamin B1: 0.21mg (14.17%), Zinc: 1.94mg (12.93%), Copper: 0.21mg (10.33%), Vitamin B12: 0.54µg (9.07%), Vitamin C: 7.24mg (8.77%), Vitamin B5: 0.64mg (6.39%), Vitamin B3: 1.15mg (5.74%), Vitamin D: 0.6µg (4.03%)