



Crunchy-Topped Savory Spinach Casserole

 Vegetarian

READY IN



22 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bread crumbs plain dry
- 4 tablespoons spread divided country crock®
- 1 tablespoon flour all-purpose
- 3 green onions thinly sliced
- 1 pinch ground nutmeg
- 1 pinch ground pepper black
- 0.8 cup milk 2%
- 2 boxes pkt spinach frozen dry thawed chopped (10 oz. ea.)

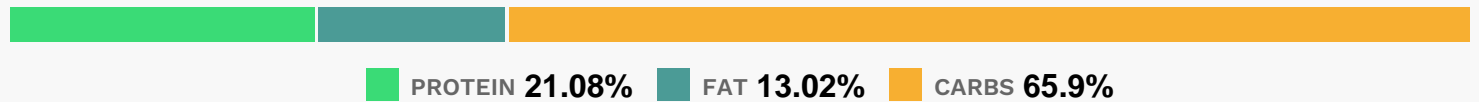
Equipment

- sauce pan
- whisk

Directions

- Melt 2 tablespoons Country Crock
- Spread in medium saucepan over medium heat and cook green onions, stirring occasionally, until tender, about 3 minutes.
- Stir in flour and cook, stirring constantly, 1 minute. Gradually whisk in milk. Bring to a boil over medium-high heat and cook, stirring frequently, 1 minute. Stir in pepper and nutmeg. Stir in spinach. Turn into greased 1-quart shallow casserole.
- Combine remaining 2 tablespoons
- Spread, melted, with bread crumbs, then sprinkle over spinach. Broil until golden, about 1 minute.
- TIP: Use 2 bags (10 oz. ea.) spinach, cooked, instead of frozen spinach.
- Cost per recipe*: \$ Cost per serving*: \$ *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:19.887391297714%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 93.31kcal (4.67%), Fat: 1.45g (2.24%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 13.28g (4.83%), Sugar: 7.1g (7.89%), Cholesterol: 2.36mg (0.79%), Sodium: 120.86mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin K: 364.97µg (347.59%), Vitamin A: 11190.78IU (223.82%), Folate: 150.84µg (37.71%), Manganese: 0.74mg (37.04%), Magnesium: 78.36mg (19.59%),

Vitamin E: 2.8mg (18.69%), Vitamin B2: 0.3mg (17.82%), Calcium: 172.51mg (17.25%), Fiber: 3.28g (13.12%), Iron: 2.21mg (12.29%), Selenium: 8.2µg (11.72%), Potassium: 403.56mg (11.53%), Vitamin B1: 0.16mg (10.61%), Vitamin B6: 0.19mg (9.29%), Vitamin C: 7.22mg (8.75%), Phosphorus: 86.68mg (8.67%), Copper: 0.17mg (8.38%), Zinc: 0.78mg (5.19%), Vitamin B3: 0.92mg (4.58%), Vitamin B12: 0.17µg (2.87%), Vitamin B5: 0.23mg (2.31%)