



## Easy cheesy bake

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 225 ml baby spinach
- ☐ 6 large eggs
- ☐ 425 ml milk
- ☐ 1 tbsp dijon mustard english
- ☐ 200 g bread thick ( 3 slices)
- ☐ 200 g cheddar cheese
- ☐ 4 cherry tomatoes

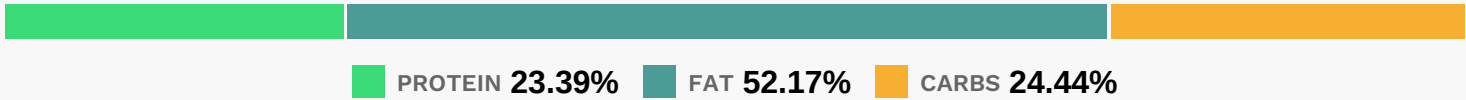
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ colander

## Directions

- ☐ Preheat the oven to 190C/gas 5/fan 170C and butter a shallow 2-litre dish. Tip the spinach into a colander in the sink and pour a kettleful of boiling water over it. Leave it to wilt while you make the cheesy base. (Or microwave the spinach according to the packet instructions.)
- ☐ Break the eggs into the bowl of a food processor, pour in the milk, add the mustard and 1 tsp salt. Tear in the bread, crusts and all, then whizz together until smooth. Tip the mixture into a large bowl and grate in three-quarters of the cheese.
- ☐ Squeeze the spinach, to get rid of all the water, then stir it into the cheese mixture and tip into the dish. Grate over the remaining cheese, top with the tomato clusters and bake for 30-35 minutes until risen and golden. Cool and allow to settle a little before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.92, Glycemic Load:15.07, Inflammation Score:-8, Nutrition Score:26.635652127473%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 526.01kcal (26.3%), Fat: 30.4g (46.77%), Saturated Fat: 14.37g (89.8%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 29.78g (10.83%), Sugar: 9.52g (10.58%), Cholesterol: 342.15mg (114.05%), Sodium: 1037.89mg (45.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.33%), Selenium: 53.81µg (76.88%), Calcium: 601.71mg (60.17%), Phosphorus: 560.93mg (56.09%), Vitamin B2: 0.86mg (50.45%), Vitamin K: 39.13µg (37.27%), Vitamin A: 1836.48IU (36.73%), Manganese: 0.71mg (35.41%), Vitamin B12: 1.79µg (29.82%), Folate: 104.3µg (26.07%), Zinc: 3.83mg (25.56%), Vitamin B5: 2.2mg (22.02%), Vitamin B1: 0.32mg (21.54%), Vitamin D: 3.01µg

(20.04%), Iron: 3.5mg (19.45%), Magnesium: 63.31mg (15.83%), Vitamin B3: 3.13mg (15.67%), Vitamin B6: 0.31mg (15.58%), Potassium: 453.73mg (12.96%), Vitamin E: 1.55mg (10.35%), Fiber: 2.28g (9.1%), Copper: 0.17mg (8.38%), Vitamin C: 5.98mg (7.25%)