



Easy Cheesy Spinach Bake

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz knudsen cottage cheese
- 4 eggs
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 cup green onion
- 0.5 cup oscar mayer real bacon bits
- 0.5 bell pepper red cut into thin strips
- 1 cup mozzarella cheese shredded kraft

Equipment

bowl

oven

Directions

Preheat oven to 350F. Beat eggs lightly in large bowl.

Add all remaining ingredients except the red peppers; mix well.

Pour into greased 9-inch pie plate.

Bake 40 minutes or until center is set. Top with peppers.

Nutrition Facts



PROTEIN 39.12% **FAT 49.66%** **CARBS 11.22%**

Properties

Glycemic Index:2.36, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:3.1521739234095%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 26.95kcal (1.35%), Fat: 1.51g (2.32%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.39g (0.43%), Cholesterol: 18.02mg (6.01%), Sodium: 85.92mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin K: 23.28µg (22.17%), Vitamin A: 758.93IU (15.18%), Selenium: 2.69µg (3.84%), Phosphorus: 32.78mg (3.28%), Folate: 12.31µg (3.08%), Vitamin B2: 0.05mg (3.04%), Calcium: 28.93mg (2.89%), Vitamin C: 2.02mg (2.45%), Manganese: 0.04mg (2.23%), Vitamin B12: 0.12µg (2.02%), Vitamin E: 0.24mg (1.58%), Magnesium: 6.19mg (1.55%), Zinc: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.18%), Potassium: 40.88mg (1.17%), Iron: 0.2mg (1.14%)