



Easy Layered Vegetable Bake

READY IN



50 min.

SERVINGS



50

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 eggs divided
- 10 oz pkt spinach frozen thawed drained chopped
- 1.5 cups cheddar & monterey jack cheeses shredded divided kraft
- 1 onion chopped
- 0.5 cup pepper strips red
- 6 oz stove top stuffing mix for chicken
- 2 tomatoes sliced

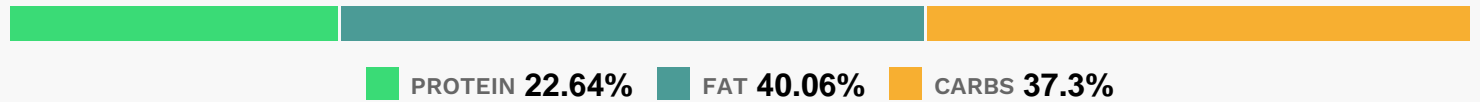
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F.
- Prepare stuffing as directed on package.
- Add 1 egg; mix well. Press onto bottom of greased 9-inch square baking dish; sprinkle with 3/4 cup cheese.
- Cook and stir onions in medium nonstick skillet sprayed with cooking spray 5 min. or until tender.
- Remove from heat; stir in spinach. Spoon half over cheese layer in baking dish; top with peppers. Cover with layers of remaining cheese and spinach mixture. Beat remaining eggs; pour over ingredients in baking dish. Top with tomatoes.
- Bake 35 to 40 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:3.7013043009717%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 35.87kcal (1.79%), Fat: 1.61g (2.48%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.64g (0.71%), Cholesterol: 19.42mg (6.47%), Sodium: 78.97mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin K: 21.7µg (20.66%), Vitamin A: 802.43IU (16.05%), Selenium: 3.83µg (5.47%), Folate: 18.46µg (4.61%), Calcium: 39.47mg (3.95%), Vitamin C: 3.06mg (3.7%),

Vitamin B2: 0.06mg (3.68%), Manganese: 0.07mg (3.59%), Phosphorus: 33.54mg (3.35%), Vitamin B1: 0.03mg (2.1%), Iron: 0.36mg (2.01%), Magnesium: 8mg (2%), Vitamin E: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.4g (1.6%), Zinc: 0.24mg (1.58%), Potassium: 54.82mg (1.57%), Vitamin B3: 0.28mg (1.39%), Copper: 0.02mg (1.23%), Vitamin B12: 0.07 μ g (1.13%), Vitamin B5: 0.11mg (1.05%)