



Easy Spinach Pie

READY IN



20 min.

SERVINGS



20

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen milkfat cottage cheese 2% low fat
- 3 eggs
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic powder
- 4 green onions sliced
- 6 oz oscar mayer ham smoked chopped
- 0.8 cup milk
- 0.3 cup cheddar cheese shredded kraft
- 2 cups stove top stuffing mix for chicken in the canister

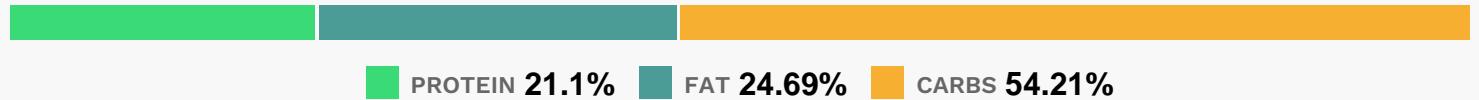
Equipment

- bowl
- whisk
- microwave

Directions

- Whisk eggs and milk in large bowl until well blended.
- Add all remaining ingredients except cheddar; mix well.
- Pour into 9-inch microwaveable pie plate sprayed with cooking spray. Microwave on HIGH 5 to 10 min. or until center is set.
- Sprinkle with Cheddar; cover.
- Let stand 5 min. or until Cheddar is melted.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:11.007826089859%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 145.71kcal (7.29%), Fat: 3.96g (6.1%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.35g (6.67%), Sugar: 2.81g (3.12%), Cholesterol: 33.38mg (11.13%), Sodium: 503.83mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin K: 58.06µg (55.29%), Vitamin A: 1759.34IU (35.19%), Selenium: 17.66µg (25.22%), Folate: 66.62µg (16.66%), Vitamin B1: 0.22mg (14.47%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.25mg (12.42%), Phosphorus: 101.85mg (10.18%), Vitamin B3: 1.85mg (9.27%), Iron: 1.41mg (7.84%), Calcium: 77.02mg (7.7%), Magnesium: 25.04mg (6.26%), Vitamin B6: 0.12mg (5.93%), Fiber: 1.23g (4.94%), Zinc: 0.73mg (4.87%), Potassium: 170.23mg (4.86%), Copper: 0.09mg (4.69%), Vitamin E: 0.63mg (4.23%), Vitamin B12: 0.24µg (4.01%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.23mg (1.49%)