



Florentine Rice Noodle Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounce block
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 pound wide rice stick noodles (bánh pho)

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 4 ounces swiss cheese divided grated
- ☐ 2 vegetable-flavored bouillon cubes

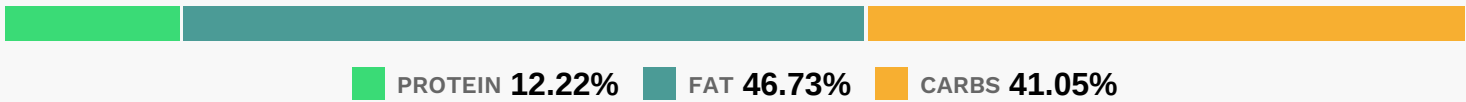
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook noodles in boiling water 5 minutes or until done.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Combine milk, 1/2 cup Swiss cheese, rosemary, and the next 5 ingredients (rosemary through cream cheese) in a blender or food processor, and process until smooth.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring frequently.
- ☐ Remove from heat; stir in noodles, cheese mixture, and spinach.
- ☐ Place mixture in an 8-inch square baking dish coated with cooking spray; sprinkle with 1/2 cup Swiss cheese.
- ☐ Bake at 375 for 20 minutes or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:19.39, Inflammation Score:-10, Nutrition Score:21.059999963512%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 409.54kcal (20.48%), Fat: 21.39g (32.91%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 39.55g (14.38%), Sugar: 6.03g (6.7%), Cholesterol: 59.69mg (19.9%), Sodium: 605.73mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Vitamin K: 177.62µg (169.16%), Vitamin A: 6256.93IU (125.14%), Calcium: 341.47mg (34.15%), Manganese: 0.6mg (29.9%), Phosphorus: 287.07mg (28.71%), Selenium: 18.92µg (27.02%), Folate: 84.9µg (21.23%), Vitamin B2: 0.36mg (21.09%), Vitamin B12: 0.91µg (15.24%), Magnesium: 59.33mg (14.83%), Vitamin E: 1.93mg (12.86%), Zinc: 1.87mg (12.44%), Fiber: 2.72g (10.89%), Potassium: 366.91mg (10.48%), Vitamin B6: 0.19mg (9.42%), Iron: 1.33mg (7.41%), Vitamin B1: 0.1mg (6.99%), Vitamin C: 5.66mg (6.86%), Copper: 0.13mg (6.69%), Vitamin B5: 0.59mg (5.86%), Vitamin B3: 0.46mg (2.31%)