



Grandma's Spinach Souffle Bake



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups curd cottage cheese
- ☐ 3 eggs beaten
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cheddar cheese shredded divided
- ☐ 30 ounce pkt spinach frozen dry thawed chopped

Equipment

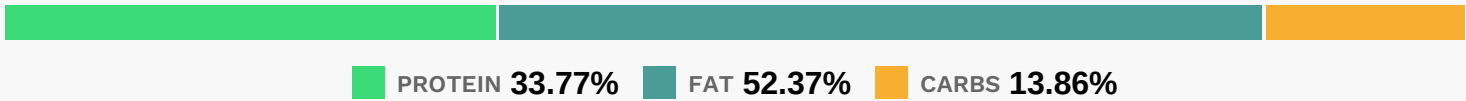
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease sides and bottom of an 8 inch square baking dish.
- ☐ In a large bowl, mix together the cottage cheese and eggs. Stir in spinach, salt, nutmeg, and 11/4 cups of shredded Cheddar cheese.
- ☐ Mix until well blended.
- ☐ Spread evenly into prepared pan.
- ☐ Bake in preheated oven for 45 minutes, or until firm.
- ☐ Remove from oven, and sprinkle with remaining cheese. Allow to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:19.238260901493%

Nutrients (% of daily need)

Calories: 130.94kcal (6.55%), Fat: 7.88g (12.12%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.56g (1.73%), Cholesterol: 61.45mg (20.48%), Sodium: 375.99mg (16.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.86%), Vitamin K: 264.02µg (251.45%), Vitamin A: 8564.35IU (171.29%), Folate: 115.44µg (28.86%), Manganese: 0.51mg (25.25%), Calcium: 228.81mg (22.88%), Selenium: 15.28µg (21.83%), Vitamin B2: 0.33mg (19.57%), Phosphorus: 181.13mg (18.11%), Vitamin E: 2.31mg (15.38%), Magnesium: 61.34mg (15.34%), Potassium: 310.55mg (8.87%), Iron: 1.58mg (8.79%), Vitamin B6: 0.17mg (8.39%), Fiber: 2.06g (8.24%), Zinc: 1.21mg (8.06%), Vitamin B12: 0.41µg (6.83%), Copper: 0.13mg (6.29%), Vitamin B1: 0.09mg (5.69%), Vitamin B5: 0.5mg (5.03%), Vitamin C: 3.9mg (4.73%), Vitamin D: 0.34µg (2.28%), Vitamin B3: 0.41mg (2.06%)