



Hot Ricotta Spinach Loaf

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 1 clove garlic minced pressed peeled
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 can tomatoes (8 oz.; 1 cup)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 carton ricotta cheese

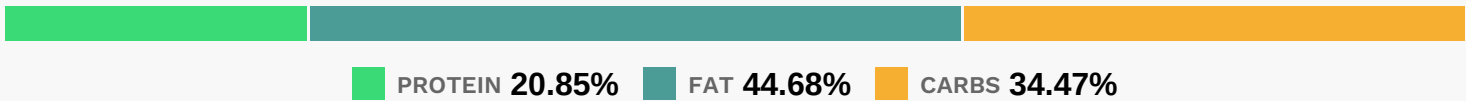
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ On a 12- by 15-inch baking sheet, unroll pizza crust dough.
- ☐ Squeeze excess moisture from spinach.
- ☐ Mix spinach, ricotta cheese, parmesan cheese, nutmeg, and garlic.
- ☐ Spread mixture evenly over dough.
- ☐ Starting at a long edge of dough, roll to enclose filling. Set the loaf, seam down, on baking sheet.
- ☐ Brush loaf top with olive oil.
- ☐ Bake in a 425 oven until well browned, 12 to 15 minutes. Meanwhile, stir marinara sauce in a 1- to 1 1/2-quart pan over medium heat until hot; or heat in a microwave-safe bowl in a microwave oven at full power (100%) until hot.
- ☐ Slice loaf diagonally, making 10 equal portions. Offer 1 slice as an appetizer serving, or 2 slices as a main-dish sandwich. Spoon marinara sauce over slices to taste.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:4.5017391778529%

Nutrients (% of daily need)

Calories: 19.62kcal (0.98%), Fat: 1.07g (1.64%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.88g (0.97%), Cholesterol: 1.47mg (0.49%), Sodium: 143.66mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 36.1µg (34.38%), Vitamin A: 1220.83IU (24.42%), Manganese: 0.09mg (4.72%), Vitamin E: 0.68mg (4.51%), Folate: 15.86µg (3.97%), Calcium: 30.38mg (3.04%), Potassium: 103.58mg (2.96%), Magnesium: 11.13mg (2.78%), Vitamin C: 2.14mg (2.59%), Fiber: 0.62g

(2.48%), Vitamin B2: 0.04mg (2.46%), Iron: 0.41mg (2.27%), Phosphorus: 21.56mg (2.16%), Vitamin B6: 0.04mg (2.05%), Copper: 0.04mg (2.04%), Selenium: 1.31µg (1.87%), Vitamin B3: 0.27mg (1.37%), Zinc: 0.18mg (1.18%)