



Mini Florentine Cups

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



103 kcal

Ingredients

- 24 slices oscar mayer deli oven roasted turkey breast fresh
- 10 oz pkt spinach frozen cooked drained chopped well
- 0.3 tsp garlic powder
- 1 Tbsp onions finely chopped
- 1 Tbsp parmesan cheese grated kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 0.3 cup philadelphia

Equipment

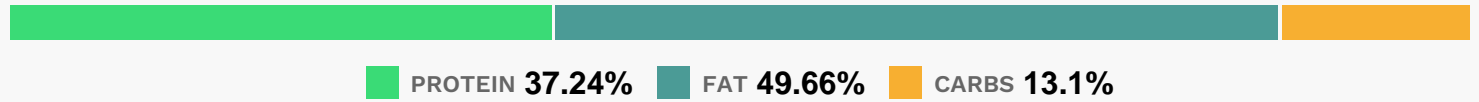
- frying pan

- oven
- muffin tray

Directions

- Heat oven to 350F.
- Combine all ingredients except turkey.
- Unfold turkey slices; use to line insides of 24 miniature muffin pan cups. Fill with spinach mixture.
- Bake 15 min. or until heated through. Cool 5 min. before removing from pan to serve.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:15.088695492433%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 103.11kcal (5.16%), Fat: 5.87g (9.03%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.98g (1.09%), Cholesterol: 33.99mg (11.33%), Sodium: 481.66mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin K: 132.2µg (125.91%), Vitamin A: 4338.35IU (86.77%), Vitamin B3: 3.46mg (17.3%), Phosphorus: 149.51mg (14.95%), Folate: 55.57µg (13.89%), Manganese: 0.26mg (13.18%), Selenium: 9.13µg (13.04%), Vitamin B6: 0.23mg (11.63%), Calcium: 100.09mg (10.01%), Magnesium: 38.61mg (9.65%), Vitamin B2: 0.15mg (8.77%), Vitamin E: 1.24mg (8.28%), Potassium: 274.15mg (7.83%), Iron: 0.86mg (4.79%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.67mg (4.44%), Fiber: 1.06g (4.23%), Vitamin B12: 0.24µg (3.99%), Vitamin B1: 0.06mg (3.74%), Copper: 0.06mg (3.1%), Vitamin C: 2.04mg (2.48%)