



Parmesan Spinach Balls

READY IN



30 min.

SERVINGS



10

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 4 eggs lightly beaten
- 20 ounce pkt spinach frozen thawed drained chopped
- 4 small green onion finely chopped
- 1 cup parmesan cheese grated
- 10 servings salt and pepper to taste
- 2 cups seasoned bread crumbs italian-style

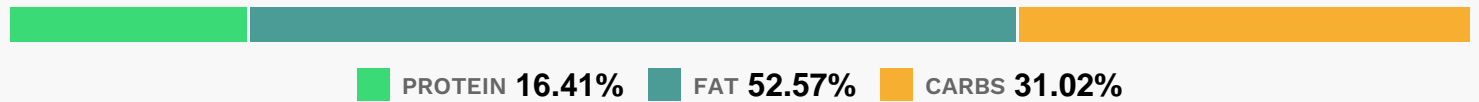
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix the frozen chopped spinach, Italian-style seasoned bread crumbs, Parmesan cheese, butter, green onion, eggs, salt and pepper. Shape the mixture into 1 inch balls.
- Arrange the balls in a single layer on a large baking sheet.
- Bake in the preheated oven 10 to 15 minutes, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:21.182173863701%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 257.65kcal (12.88%), Fat: 15.32g (23.57%), Saturated Fat: 8.29g (51.83%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 17.47g (6.35%), Sugar: 1.87g (2.08%), Cholesterol: 98.81mg (32.94%), Sodium: 829.68mg (36.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin K: 227.12µg (216.3%), Vitamin A: 7179.97IU (143.6%), Manganese: 0.65mg (32.62%), Folate: 121.27µg (30.32%), Selenium: 18.36µg (26.23%), Calcium: 219.36mg (21.94%), Vitamin B2: 0.35mg (20.41%), Vitamin B1: 0.3mg (19.69%), Phosphorus: 171.97mg (17.2%), Magnesium: 59.81mg (14.95%), Vitamin E: 2.22mg (14.78%), Iron: 2.64mg (14.66%), Fiber: 2.87g (11.49%), Vitamin B3: 1.8mg (9.01%), Zinc: 1.34mg (8.93%), Vitamin B6: 0.18mg (8.91%), Potassium: 302.59mg (8.65%), Copper: 0.16mg (7.93%), Vitamin B12: 0.39µg (6.58%), Vitamin B5: 0.52mg (5.19%), Vitamin C: 4.14mg (5.02%), Vitamin D: 0.4µg (2.68%)