



Queso Fundido Italiano

READY IN



35 min.

SERVINGS



18

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 0.5 tsp pepper red crushed
- 0.8 lb baguette french cut into 18 slices
- 0.5 lb mild sausage links to package directions and coin italian cut into bite-size pieces
- 8 oz low-moisture part-skim mozzarella cheese shredded kraft
- 1 small onion thinly sliced

Equipment

- frying pan

oven

Directions

Heat oven to 350F.

Heat nonstick skillet on medium heat.

Add onions; cook 8 to 10 min. or until tender and golden brown, stirring frequently.

Remove from skillet; set aside.

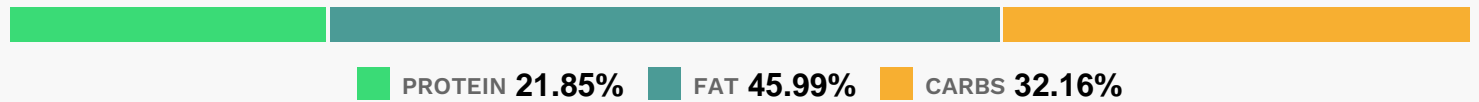
Add sausage to skillet; cook 5 min. or until browned, stirring occasionally. Stir in red pepper; cook 1 min.

Add spinach. Cover; cook 2 min. Stir in cheese. Spoon into 9-inch pie plate; top with onions.

Bake 10 min.

Serve with bread.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:6.38, Inflammation Score:-6, Nutrition Score:8.1069565752278%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 128.43kcal (6.42%), Fat: 6.52g (10.03%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.24g (1.37%), Cholesterol: 17.64mg (5.88%), Sodium: 295.43mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin K: 46.49µg (44.27%), Vitamin A: 963.27IU (19.27%), Calcium: 131.08mg (13.11%), Vitamin B1: 0.19mg (12.88%), Selenium: 8.32µg (11.88%), Folate: 41.45µg (10.36%), Phosphorus: 100.11mg (10.01%), Manganese: 0.19mg (9.35%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.36mg (6.8%), Iron: 1.1mg (6.12%), Zinc: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.53%), Magnesium: 17.51mg (4.38%), Vitamin C: 3.2mg (3.87%), Vitamin B12: 0.22µg (3.63%), Potassium: 125.39mg (3.58%), Fiber: 0.69g (2.76%), Copper: 0.05mg (2.52%), Vitamin E: 0.29mg (1.91%), Vitamin B5: 0.16mg (1.57%)