



Quick Italian Spinach Pie

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz knudsen milkfat cottage cheese 2% low fat
- 4 eggs beaten
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 7 oz roasted peppers red drained chopped well

Equipment

oven

Directions

- Heat oven to 350F.
- Mix ingredients until blended.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 40 min. or until center is set.

Nutrition Facts

PROTEIN 44.95% **FAT 40.32%** **CARBS 14.73%**

Properties

Glycemic Index:0.1, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.1604348330394%

Nutrients (% of daily need)

Calories: 22.52kcal (1.13%), Fat: 1.02g (1.56%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.32g (0.36%), Cholesterol: 15.47mg (5.16%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin K: 21.38µg (20.36%), Vitamin A: 725.37IU (14.51%), Calcium: 40.43mg (4.04%), Selenium: 2.81µg (4.01%), Phosphorus: 37.35mg (3.73%), Vitamin B2: 0.05mg (3.19%), Folate: 11.93µg (2.98%), Vitamin C: 2.16mg (2.62%), Manganese: 0.05mg (2.51%), Vitamin B12: 0.12µg (1.93%), Magnesium: 6.41mg (1.6%), Vitamin B6: 0.03mg (1.57%), Vitamin E: 0.22mg (1.44%), Zinc: 0.21mg (1.4%), Iron: 0.23mg (1.3%), Potassium: 41.63mg (1.19%)