



Ricotta Pesto Bites

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



8 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon celery minced
- ☐ 2 tablespoons basil leaves fresh finely chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground thyme
- ☐ 1 tablespoon nonfat cream alternative sour
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup lite ricotta cheese

- ☐ 0.1 teaspoon salt
- ☐ 4 large spinach leaves fresh
- ☐ 1 cup water

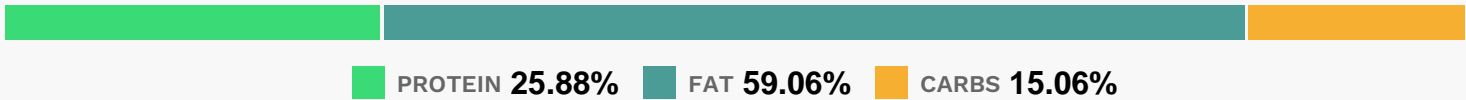
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Combine first 9 ingredients in a small bowl, stirring with a fork until blended. Set aside.
- ☐ Remove and discard stems from spinach leaves. Bring water to a boil in a small saucepan. Cook spinach leaves, one at a time, in boiling water 15 seconds.
- ☐ Place leaves on paper towels to drain.
- ☐ Coat 4 (1 3/4-inch) miniature muffin pan cups with cooking spray. Line each cup with a spinach leaf, covering bottom and sides of cup, allowing leaf to overhang. Spoon cheese mixture evenly onto spinach leaves. Fold leaves over to enclose cheese mixture.
- ☐ Bake at 350 for 20 minutes. Carefully remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.42956521556429%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.26kcal (0.41%), Fat: 0.55g (0.84%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.02g (0.02%), Cholesterol: 2.07mg (0.69%), Sodium: 27.84mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin K: 2.08µg (1.98%), Calcium: 12.87mg (1.29%), Vitamin A: 51.06IU (1.02%)