



Savory Spinach Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce cream cheese softened
- 20 ounce pkt spinach frozen chopped
- 0.3 cup milk
- 0.3 cup parmesan cheese grated

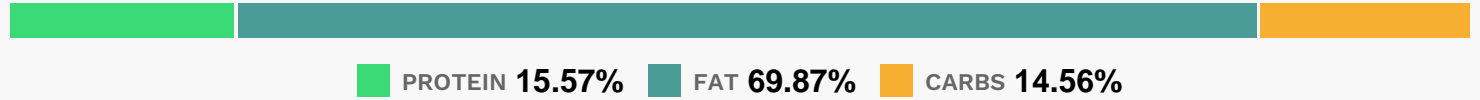
Equipment

- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a mixing bowl, combine cream cheese and milk; mix until blended. Spoon spinach into 1-quart casserole, top with cream cheese mixture and sprinkle with Parmesan cheese.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:19.995652206566%

Nutrients (% of daily need)

Calories: 189.19kcal (9.46%), Fat: 15.42g (23.73%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.53g (2.81%), Cholesterol: 44.23mg (14.74%), Sodium: 289.7mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Vitamin K: 352.45µg (335.67%), Vitamin A: 11653.05IU (233.06%), Folate: 140.76µg (35.19%), Manganese: 0.67mg (33.73%), Calcium: 220.18mg (22.02%), Vitamin E: 3.1mg (20.66%), Vitamin B2: 0.33mg (19.52%), Magnesium: 77.44mg (19.36%), Selenium: 11.06µg (15.8%), Phosphorus: 132.24mg (13.22%), Potassium: 402.33mg (11.5%), Fiber: 2.74g (10.96%), Iron: 1.85mg (10.29%), Vitamin B6: 0.19mg (9.72%), Copper: 0.15mg (7.26%), Vitamin B1: 0.1mg (6.98%), Zinc: 1mg (6.67%), Vitamin C: 5.2mg (6.3%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.21µg (3.55%), Vitamin B3: 0.53mg (2.64%)