



Skillet Spinach Gratin

READY IN



25 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1.5 lb baby spinach leaves
- 6 slices oscar mayer bacon finely chopped
- 1 Tbsp butter melted
- 4 oz philadelphia cream cheese cubed ()
- 1 onion thinly sliced
- 2 Tbsp parmesan cheese grated kraft
- 1.5 cups ritz crackers crushed

Equipment

frying pan

Directions

- Cook onions and bacon in large skillet on medium-high heat 5 to 7 min. or until bacon is crisp, stirring frequently.
- Drain; return bacon mixture to skillet.
- Add spinach; cook 3 to 5 min. or until slightly wilted, stirring occasionally.
- Remove from heat.
- Add cream cheese; stir until melted.
- Mix cracker crumbs, Parmesan cheese and butter; sprinkle over spinach mixture.

Nutrition Facts

 **PROTEIN 12.07%**  **FAT 65.22%**  **CARBS 22.71%**

Properties

Glycemic Index:22.67, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:25.689999927645%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 289.09kcal (14.45%), Fat: 21.56g (33.17%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 13.74g (5%), Sugar: 3.19g (3.54%), Cholesterol: 40.15mg (13.38%), Sodium: 471.99mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Vitamin K: 555.88µg (529.41%), Vitamin A: 10969.23IU (219.38%), Folate: 236.15µg (59.04%), Manganese: 1.13mg (56.39%), Vitamin C: 33.22mg (40.27%), Magnesium: 99.24mg (24.81%), Iron: 3.9mg (21.67%), Potassium: 749.52mg (21.41%), Vitamin E: 3.15mg (21%), Vitamin B2: 0.33mg (19.23%), Calcium: 174.31mg (17.43%), Phosphorus: 164.87mg (16.49%), Vitamin B6: 0.32mg (16.13%), Vitamin B1: 0.23mg (15.25%), Fiber: 3.15g (12.61%), Vitamin B3: 2.48mg (12.39%), Selenium: 8.57µg (12.24%), Copper: 0.19mg (9.32%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.18µg (2.97%)