

Spinach Appetizers

READY IN



160 min.

SERVINGS



16

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 eggs beaten
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.5 onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 2 cups bread stuffing mix dry

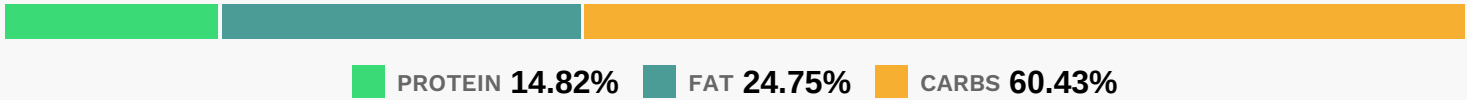
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, mix together chopped spinach, dry bread stuffing mix, eggs, Parmesan cheese, onion, butter and Cheddar cheese. Cover and chill in the refrigerator approximately 30 minutes.
- ☐ Drop the mixture by rounded spoonfuls onto a lightly greased large baking sheet.
- ☐ Place baking sheet in the freezer approximately 1 hour.
- ☐ When ready to bake, allow the balls to partially thaw, about 30 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking sheet.
- ☐ Bake the balls in the preheated oven 20 to 25 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.08, Inflammation Score:-9, Nutrition Score:11.946086862813%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 158.79kcal (7.94%), Fat: 4.35g (6.69%), Saturated Fat: 2g (12.48%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 22.38g (8.14%), Sugar: 2.75g (3.05%), Cholesterol: 37.87mg (12.62%), Sodium: 490.62mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin K: 66.47µg (63.3%), Vitamin A: 2197.82IU (43.96%), Selenium: 18.87µg (26.96%), Folate: 80.42µg (20.11%), Manganese: 0.31mg (15.43%), Vitamin B1: 0.2mg (13.25%), Vitamin B2: 0.21mg (12.45%), Vitamin B3: 1.81mg (9.04%), Iron: 1.62mg (9.02%), Phosphorus: 86.13mg (8.61%), Calcium: 83.67mg (8.37%), Magnesium: 27.51mg (6.88%), Fiber: 1.52g (6.07%), Copper: 0.1mg (5.22%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.81%), Potassium: 155.11mg (4.43%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.12µg (2.04%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.18µg (1.22%)