



WHATSheATE



Spinach Balls with Tomato Sauce



Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup asiago cheese grated
- ☐ 0.5 cup bread crumbs
- ☐ 0.3 cup butter melted
- ☐ 1 can chickpeas drained and rinsed
- ☐ 3 large eggs
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup onion chopped

- ☐ 15 servings salt and pepper to taste
- ☐ 15 servings tomato sauce for serving

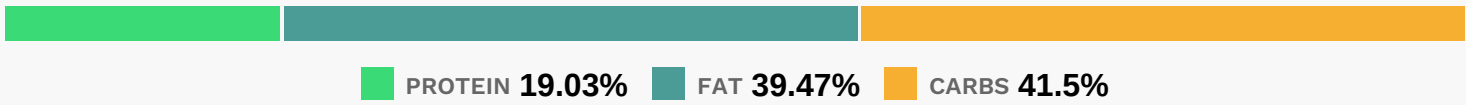
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Squeeze the excess water from the spinach and put it in a food processor.
- ☐ Add the remaining ingredients and process until well blended. Form the mixture into small balls.
- ☐ Place the balls on a greased baking sheet.
- ☐ Place in the refrigerator for one hour. Preheat the oven to 350 degrees F. Cook in oven until for about 15 to 20 minutes.
- ☐ Transfer to a platter and serve with tomato sauce on the side.

Nutrition Facts



Properties

Glycemic Index:14.62, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:15.567826281423%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 131.83kcal (6.59%), Fat: 6.14g (9.45%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 10.6g (3.85%), Sugar: 4.89g (5.43%), Cholesterol: 47.6mg (15.87%), Sodium: 990.84mg (43.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Vitamin K: 74.34µg (70.8%), Vitamin A: 2925.8IU (58.52%), Manganese: 0.56mg (27.92%), Vitamin E: 2.52mg (16.77%), Vitamin B6: 0.33mg (16.4%), Fiber: 3.93g (15.72%), Potassium: 503.07mg (14.37%), Folate: 55.4µg (13.85%), Iron: 2.3mg (12.75%), Vitamin C: 9.97mg (12.08%),

Vitamin B2: 0.2mg (11.78%), Phosphorus: 117.66mg (11.77%), Copper: 0.23mg (11.71%), Magnesium: 45.37mg (11.34%), Calcium: 106.12mg (10.61%), Selenium: 7.31µg (10.44%), Vitamin B3: 1.61mg (8.06%), Vitamin B5: 0.68mg (6.85%), Vitamin B1: 0.1mg (6.61%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.22µg (1.44%)