

# Spinach Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



256 kcal

SIDE DISH

## Ingredients

- 1 teaspoon double-acting baking powder
- 3 tablespoons butter
- 3 eggs
- 1 cup flour all-purpose
- 0.5 cup mushrooms fresh chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 1.5 teaspoons garlic minced
- 0.5 teaspoon ground pepper black

- 1 cup milk
- 1 small onion chopped
- 1 teaspoon salt
- 4 cups cheddar cheese shredded

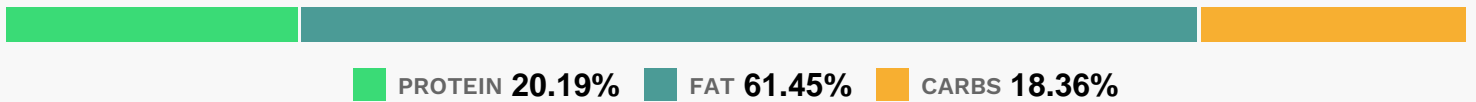
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a 9x13 inch baking dish while the oven preheats.
- In a large bowl, whisk together the eggs, milk, flour, salt, pepper, baking powder and garlic until well blended.
- Add the mushrooms, spinach and cheese, and stir to blend evenly. Tip the baking dish to coat with melted butter, then pour the spinach mixture into the pan.
- Bake for 30 minutes in the preheated oven, until firm and golden.
- Cut into bars, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:33.58, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:16.764347584351%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 255.63kcal (12.78%), Fat: 17.6g (27.08%), Saturated Fat: 9.79g (61.16%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.7g (3.89%), Sugar: 1.66g (1.84%), Cholesterol: 88.55mg (29.52%), Sodium: 539.52mg (23.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.03%), Vitamin K: 89.32µg (85.07%), Vitamin A: 3328.05IU (66.56%), Calcium: 352.57mg (35.26%), Selenium: 19.87µg (28.38%), Phosphorus: 251.64mg (25.16%), Vitamin B2: 0.37mg (21.66%), Folate: 68.32µg (17.08%), Manganese: 0.27mg (13.59%), Zinc: 1.85mg (12.35%), Vitamin B12: 0.61µg (10.24%), Vitamin B1: 0.14mg (9.18%), Magnesium: 35.28mg (8.82%), Vitamin E: 1.18mg (7.89%), Iron: 1.27mg (7.05%), Vitamin B6: 0.12mg (5.92%), Potassium: 192.36mg (5.5%), Vitamin B5: 0.54mg (5.42%), Vitamin B3: 0.94mg (4.7%), Fiber: 1.14g (4.54%), Vitamin D: 0.68µg (4.52%), Copper: 0.09mg (4.35%), Vitamin C: 1.93mg (2.34%)