



Spinach Brownies



Vegetarian



Popular

READY IN



55 min.

SERVINGS



24

CALORIES



97 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 10 ounce pkt spinach rinsed chopped

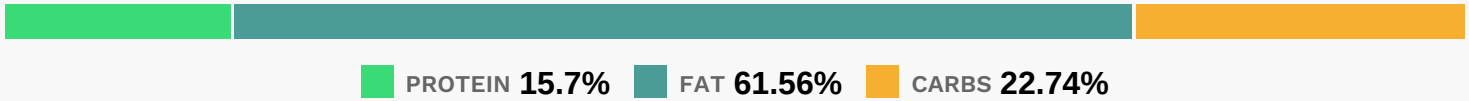
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Place spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, mix flour, salt and baking powder. Stir in eggs, milk and butter.
- ☐ Mix in spinach, onion and mozzarella cheese.
- ☐ Transfer the mixture to the prepared baking dish.
- ☐ Bake in the preheated oven 30 to 35 minutes, or until a toothpick inserted in the center comes out clean. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:3.3, Inflammation Score:-7, Nutrition Score:7.3030434795048%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 97.2kcal (4.86%), Fat: 6.72g (10.34%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.86g (0.96%), Cholesterol: 32.49mg (10.83%), Sodium: 222.91mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 57.68µg (54.93%), Vitamin A: 1326.06IU (26.52%), Folate: 35.84µg (8.96%), Calcium: 86.8mg (8.68%), Manganese: 0.15mg (7.6%), Selenium: 4.88µg (6.97%), Phosphorus: 68.51mg (6.85%), Vitamin B2: 0.11mg (6.38%), Vitamin B12: 0.31µg (5.18%), Vitamin C: 3.66mg (4.43%), Vitamin B1: 0.06mg (4.16%), Iron: 0.7mg (3.87%), Magnesium: 14.63mg (3.66%), Zinc: 0.48mg (3.18%), Potassium: 106.86mg (3.05%), Vitamin E: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.34%), Vitamin B3: 0.42mg (2.12%), Fiber: 0.48g (1.91%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.15mg (1.49%), Copper: 0.03mg (1.43%)