

Spinach Casserole

READY IN



35 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 slice day old bread toasted
- 3 tablespoons butter melted
- 16 ounce curd cottage cheese
- 10 ounce pkt spinach frozen thawed drained chopped
- 2 cups seashell pasta

Equipment

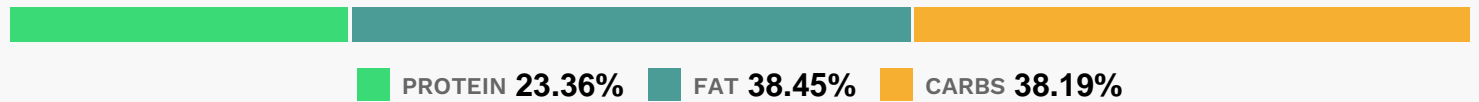
- bowl
- oven

- pot
- casserole dish

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a 2 quart casserole dish combine cooked pasta, spinach and cottage cheese; mix well.
- In a small bowl crumble the toast and add melted butter.
- Sprinkle over spinach mixture.
- Bake in preheated oven for 15 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:23.642173943312%

Nutrients (% of daily need)

Calories: 337.45kcal (16.87%), Fat: 14.57g (22.41%), Saturated Fat: 7.51g (46.93%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 29.25g (10.64%), Sugar: 4.7g (5.22%), Cholesterol: 41.85mg (13.95%), Sodium: 512.08mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.82%), Vitamin K: 264.76µg (252.15%), Vitamin A: 8731.96IU (174.64%), Selenium: 36.33µg (51.9%), Manganese: 0.86mg (42.99%), Folate: 128.04µg (32.01%), Phosphorus: 283.28mg (28.33%), Vitamin B2: 0.38mg (22.52%), Calcium: 203.12mg (20.31%), Magnesium: 81.21mg (20.3%), Vitamin E: 2.44mg (16.24%), Fiber: 3.3g (13.18%), Potassium: 442.45mg (12.64%), Copper: 0.23mg (11.6%), Iron: 2.06mg (11.46%), Vitamin B6: 0.22mg (11.24%), Vitamin B1: 0.15mg (10.24%), Zinc: 1.36mg (9.04%), Vitamin B5: 0.9mg (8.96%), Vitamin B12: 0.51µg (8.42%), Vitamin B3: 1.38mg (6.89%), Vitamin C: 3.91mg (4.74%)