



Spinach-Cheese Balls

 Vegetarian  Gluten Free  Popular

READY IN



25 min.

SERVINGS



30

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz spinach frozen thawed
- 8 oz mozzarella cheese shredded
- 1 eggs
- 2 teaspoons seasoning italian
- 1 teaspoon garlic salt
- 1 cup pasta sauce
- 1 cup frangelico

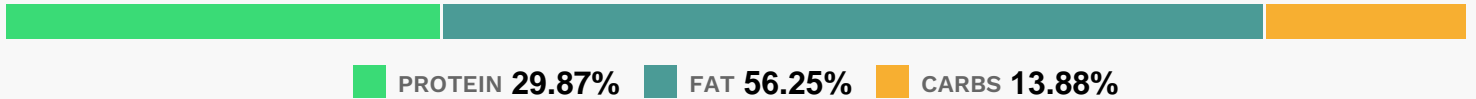
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400°F. Spray cookie sheet with cooking spray. In large bowl, mix all ingredients, except pasta sauce. Shape mixture into 1-inch balls; place on cookie sheet.
- Bake 10 to 15 minutes or until golden brown. Immediately remove from pan.
- Serve with pasta sauce.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:4.2826086347518%

Nutrients (% of daily need)

Calories: 29.56kcal (1.48%), Fat: 1.91g (2.94%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.43g (0.48%), Cholesterol: 11.43mg (3.81%), Sodium: 172.04mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 32.87µg (31.31%), Vitamin A: 1093.93IU (21.88%), Calcium: 53.29mg (5.33%), Manganese: 0.08mg (3.91%), Folate: 14.6µg (3.65%), Phosphorus: 36.24mg (3.62%), Selenium: 2.3µg (3.29%), Vitamin B2: 0.05mg (3.13%), Vitamin B12: 0.19µg (3.09%), Vitamin E: 0.42mg (2.79%), Magnesium: 9.65mg (2.41%), Zinc: 0.31mg (2.06%), Iron: 0.35mg (1.93%), Potassium: 63.15mg (1.8%), Fiber: 0.43g (1.7%), Vitamin B6: 0.03mg (1.47%), Vitamin C: 1.04mg (1.26%), Copper: 0.02mg (1.22%)