



## Spinach-Cheese Bread

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



16

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup vegetable oil
- 1 tablespoon caraway seeds
- 3 eggs
- 11 oz condensed cream of cheddar cheese soup canned
- 9 oz spinach frozen thawed chopped
- 3 cups frangelico

### Equipment

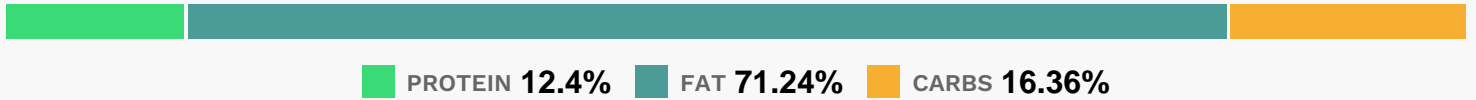
- bowl

- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottom and sides of 9x5-inch loaf pan with shortening.
- In large bowl, stir together all ingredients except spinach thoroughly; beat with spoon 1 minute. Stir in spinach.
- Pour into pan.
- Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes; remove from pan to cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.0426087638606%

## Nutrients (% of daily need)

Calories: 63.57kcal (3.18%), Fat: 5.12g (7.88%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.45g (0.5%), Cholesterol: 31.47mg (10.49%), Sodium: 125.71mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin K: 65.61µg (62.49%), Vitamin A: 1994.36IU (39.89%), Folate: 27.04µg (6.76%), Manganese: 0.12mg (5.97%), Vitamin E: 0.84mg (5.58%), Selenium: 3.53µg (5.05%), Potassium: 159.72mg (4.56%), Vitamin B2: 0.07mg (4.4%), Magnesium: 13.92mg (3.48%), Calcium: 34.01mg (3.4%), Fiber: 0.76g (3.04%), Iron: 0.51mg (2.82%), Phosphorus: 26.28mg (2.63%), Vitamin B6: 0.04mg (2.14%), Copper: 0.03mg (1.62%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.32%), Vitamin B12: 0.07µg (1.22%), Vitamin C: 0.96mg (1.16%), Vitamin D: 0.17µg (1.1%)