



Spinach Cheese Squares

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 20 ounce pkt spinach frozen chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon onion minced
- ☐ 1 pound cheddar cheese shredded

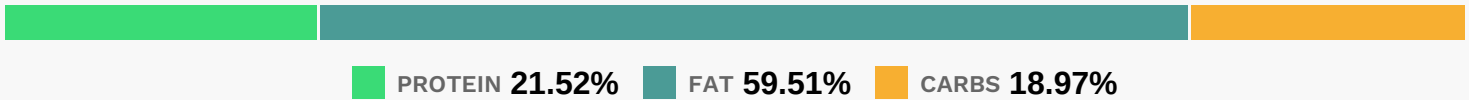
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place butter or margarine in a 9x13 inch baking dish and melt butter in oven.
- ☐ Remove when melted, approximately 3 minutes.
- ☐ In large mixing bowl, beat eggs well.
- ☐ Mix in flour, milk and baking powder. When the dough is well combined, mix in cheese, spinach, and onion. Spoon mixture into the baking dish with melted butter.
- ☐ Bake for 35 minutes.
- ☐ Let cool 45 minutes then cut into bite-size squares.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:20.63869578942%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 251.01kcal (12.55%), Fat: 16.81g (25.87%), Saturated Fat: 9.22g (57.59%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 10.39g (3.78%), Sugar: 1.52g (1.68%), Cholesterol: 86.18mg (28.73%), Sodium: 356.1mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin K: 176.97µg (168.54%), Vitamin A: 6069.86IU (121.4%), Calcium: 381.26mg (38.13%), Selenium: 20.85µg (29.79%), Phosphorus: 257.94mg (25.79%), Folate: 100.91µg (25.23%), Vitamin B2: 0.4mg (23.73%), Manganese: 0.41mg (20.62%), Zinc: 1.95mg (13.02%),

Magnesium: 51.91mg (12.98%), Vitamin E: 1.84mg (12.27%), Vitamin B1: 0.15mg (10.23%), Vitamin B12: 0.61µg (10.21%), Iron: 1.67mg (9.27%), Vitamin B6: 0.14mg (7.21%), Potassium: 251.26mg (7.18%), Fiber: 1.67g (6.67%), Copper: 0.1mg (5.2%), Vitamin B5: 0.49mg (4.94%), Vitamin B3: 0.91mg (4.53%), Vitamin D: 0.67µg (4.47%), Vitamin C: 2.66mg (3.22%)