



Spinach Loaf

READY IN



110 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 3 large eggs beaten at room temperature
- 4 hardboiled eggs peeled
- 0.5 teaspoon ground nutmeg
- 1.5 teaspoons kosher salt
- 1 small onion chopped
- 1 cup parmesan grated
- 4.8 inch thick rustic bread
- 3 pounds spinach leaves

- 2 tablespoons butter unsalted for greasing the pan at room temperature
- 1 cup milk whole

Equipment

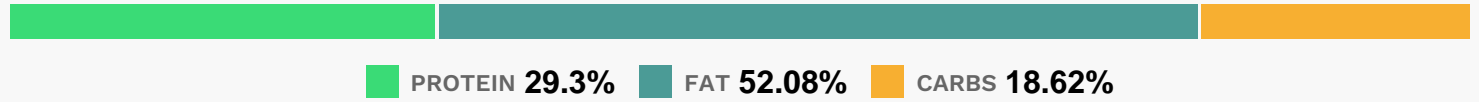
- food processor
- bowl
- frying pan
- baking paper
- oven
- loaf pan
- spatula
- colander
- cutting board

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Butter a 9-by-5-inch nonstick loaf pan. Line the bottom of the pan with parchment paper. Set aside.
- Place the eggs and milk in a large bowl.
- Add the bread and stir to combine.
- Heat the butter in a large, high-sided skillet over medium-high heat.
- Add the onion, 1 teaspoon of the salt and 1/2 teaspoon of the pepper and cook until soft, about 6 minutes. In batches, add the spinach and cook until wilted, about 15 minutes.
- Drain in a colander. Press gently on top of the spinach to release excess moisture. Set aside to cool slightly.
- Transfer the spinach mixture to a food processor and blend until smooth.
- Pour the spinach into the bowl with the bread mixture.
- Add 3/4 cup of the Parmesan, the remaining salt and pepper and the nutmeg. Stir until smooth.
- Spread half of the mixture on the bottom of the prepared pan.

- Lay the hard boiled eggs, end-to-end, in a line along the center of the spinach mixture.
- Add the remaining spinach mixture on top and press gently.
- Sprinkle the remaining Parmesan on top and bake for 1 hour. Cool 15 minutes, then run a thin metal spatula around the edges of the pan to release the loaf. Invert the loaf onto a cutting board, remove the parchment paper, and cut into slices.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:34.610434635826%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 10.91mg, Kaempferol: 10.91mg, Kaempferol: 10.91mg, Kaempferol: 10.91mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 210.28kcal (10.51%), Fat: 12.74g (19.6%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.51g (3.9%), Cholesterol: 182.68mg (60.9%), Sodium: 846.27mg (36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.25%), Vitamin K: 822.69µg (783.52%), Vitamin A: 16417.43IU (328.35%), Folate: 353.53µg (88.38%), Manganese: 1.59mg (79.47%), Vitamin C: 48.45mg (58.73%), Calcium: 381.37mg (38.14%), Magnesium: 150.16mg (37.54%), Vitamin B2: 0.62mg (36.73%), Potassium: 1084.5mg (30.99%), Iron: 5.42mg (30.11%), Phosphorus: 285.62mg (28.56%), Vitamin E: 4.04mg (26.9%), Selenium: 18.64µg (26.63%), Vitamin B6: 0.44mg (21.77%), Fiber: 4.03g (16.13%), Vitamin B12: 0.76µg (12.75%), Zinc: 1.9mg (12.68%), Copper: 0.25mg (12.56%), Vitamin B1: 0.19mg (12.38%), Vitamin B5: 0.94mg (9.36%), Vitamin D: 1.38µg (9.17%), Vitamin B3: 1.41mg (7.06%)