



WHATSheATE



Spinach madeleine



Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



385 kcal

Ingredients

- ☐ 50 g butter
- ☐ 2 tbsp flour
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 250.5 g mascarpone cheese
- ☐ 500 g spinach frozen thawed chopped
- ☐ 140 g cheddar cheese grated
- ☐ 1 tbsp jalapeno drained chopped
- ☐ 0.5 tsp celery salt

☐ 0.3 tsp paprika

Equipment

☐ frying pan

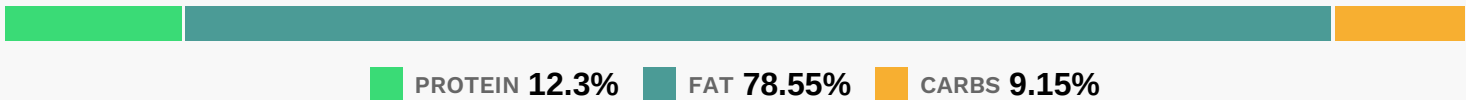
☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Melt the butter in a pan, stir in the flour and cook for 2 mins.
- ☐ Add the onion and garlic and cook for 3–5 mins until soft.
- ☐ Add the mascarpone, then slowly add the spinach liquid, stirring until smooth. Cook for 4–5 mins until the sauce thickens.
- ☐ Stir in the cheddar, jalapeos, celery salt, paprika and spinach.
- ☐ Transfer to a baking dish and bake for 40 mins until golden.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:20.752608607645%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 385.17kcal (19.26%), Fat: 34.02g (52.34%), Saturated Fat: 20.5g (128.15%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 6.01g (2.18%), Sugar: 1.53g (1.7%), Cholesterol: 83mg (27.67%), Sodium: 485.61mg (21.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Vitamin K: 311.77µg (296.93%), Vitamin A: 10872.78IU (217.46%), Calcium: 339.05mg (33.91%), Folate: 134.78µg (33.69%), Manganese: 0.64mg (32.13%), Vitamin E: 2.91mg (19.39%), Vitamin B2: 0.31mg (18.42%), Selenium: 12.71µg (18.16%), Magnesium: 72.03mg (18.01%),

Phosphorus: 159.43mg (15.94%), Fiber: 2.91g (11.64%), Vitamin C: 9.06mg (10.98%), Vitamin B6: 0.2mg (10.08%),
Iron: 1.81mg (10.03%), Potassium: 348.17mg (9.95%), Zinc: 1.39mg (9.29%), Vitamin B1: 0.12mg (7.73%), Copper:
0.14mg (7.1%), Vitamin B12: 0.26µg (4.36%), Vitamin B3: 0.65mg (3.26%), Vitamin B5: 0.23mg (2.31%)