



Spinach Mozzarella Bites

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz pkt spinach frozen thawed drained chopped well
- 1 clove garlic peeled
- 16 servings lower-sodium stoned wheat crackers
- 2 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 1 cup mozzarella cheese shredded kraft
- 0.3 cup planters walnuts divided chopped

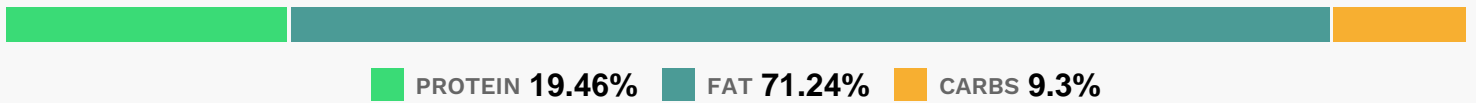
Equipment

- food processor
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Process spinach, Parmesan cheese, 2 Tbsp. nuts and garlic in food processor or blender until blended.
- Add oil in steady stream to spinach mixture through pour spout of food processor container, processing continuously until mixture is well blended. Spoon into 2- to 3-cup baking dish; stir in mozzarella cheese and remaining nuts.
- Bake 15 min., stirring after 8 min.
- Serve on crackers.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:7.8069565360961%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 63.18kcal (3.16%), Fat: 5.19g (7.99%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.24g (0.27%), Cholesterol: 7.34mg (2.45%), Sodium: 129.56mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin K: 67.22µg (64.01%), Vitamin A: 2143.39IU (42.87%), Manganese: 0.2mg (9.92%), Calcium: 79.07mg (7.91%), Folate: 28.54µg (7.14%), Phosphorus: 54.94mg (5.49%), Vitamin E: 0.81mg (5.38%), Magnesium: 19.04mg (4.76%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.07mg (4.24%), Vitamin B12: 0.19µg (3.13%), Zinc: 0.46mg (3.07%), Copper: 0.06mg (2.86%), Fiber: 0.65g (2.59%), Iron: 0.45mg (2.53%), Vitamin B6: 0.05mg (2.42%), Potassium: 82.81mg (2.37%), Vitamin B1: 0.03mg (1.76%), Vitamin C: 1.06mg (1.28%)