



 **70%**  
HEALTH SCORE

## Spinach Nests

 Vegetarian  Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



20

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 oz philadelphia cream cheese cut into 6 pieces
- 1 small onion chopped
- 0.5 tsp salt
- 2.5 lb spinach leaves fresh divided cleaned
- 0.5 cup water

## Equipment

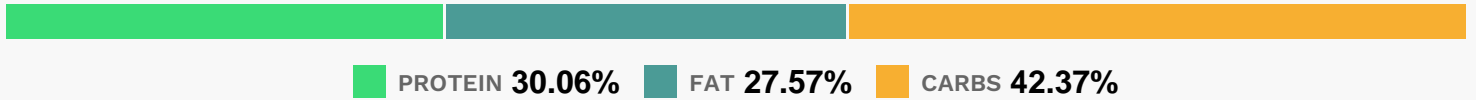
- sauce pan
- oven

- baking pan
- tongs
- colander

## Directions

- Preheat oven to 300F.
- Place half of the spinach in water and salt in large saucepan; cover. Cook on medium heat 5 to 8 min. or until spinach is wilted, stirring often.
- Remove spinach with tongs; drain in colander. Repeat with remaining spinach. Cool slightly.
- Mix spinach and onion; divide mixture into 6 portions. Squeeze out excess water. Using your hands, form little "nests", making small indentation in center.
- Place nests in baking dish; place 1 cream cheese piece into center of each nest.
- Bake 10 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:4.3, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:15.17347826339%

## Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## Nutrients (% of daily need)

Calories: 19.4kcal (0.97%), Fat: 0.71g (1.1%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.44g (0.49%), Cholesterol: 1.43mg (0.48%), Sodium: 107.82mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin K: 273.9µg (260.86%), Vitamin A: 5335.78IU (106.72%), Folate: 110.79µg (27.7%), Manganese: 0.51mg (25.67%), Vitamin C: 16.19mg (19.63%), Magnesium: 45.33mg (11.33%), Potassium: 323.37mg (9.24%), Iron: 1.55mg (8.59%), Vitamin E: 1.16mg (7.76%), Vitamin B2: 0.11mg (6.55%), Calcium: 58.53mg (5.85%), Vitamin B6: 0.12mg (5.78%), Fiber: 1.31g (5.23%), Copper: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 30.31mg (3.03%), Zinc: 0.31mg (2.1%), Vitamin B3: 0.42mg (2.08%), Selenium: 0.71µg (1.01%)