



WHATSheATE

# Spinach, Sausage and Cheese Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 cups curd cottage cheese
- ☐ 1 eggs beaten
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 pound sausage italian
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups mozzarella cheese shredded

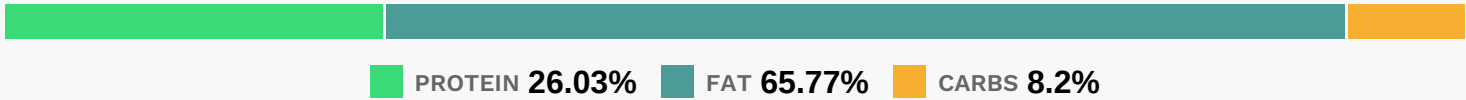
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Brown sausage in skillet over medium high heat.
- ☐ Drain fat from skillet and stir in tomato sauce. Set mixture aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine the spinach, cottage cheese, Parmesan cheese and egg.
- ☐ Mix well and spread mixture in the bottom of a 9x13 inch baking dish. Spoon sausage mixture over spinach mixture and top with mozzarella cheese.
- ☐ Bake in preheated oven for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.88, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:26.872608941534%

## Nutrients (% of daily need)

Calories: 397.08kcal (19.85%), Fat: 29.21g (44.94%), Saturated Fat: 12.23g (76.41%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.29g (3.66%), Cholesterol: 100.71mg (33.57%), Sodium: 1072.01mg (46.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.03%), Vitamin K: 265.21µg (252.58%), Vitamin A: 8785.56IU (175.71%), Selenium: 32.6µg (46.57%), Phosphorus: 362.37mg (36.24%), Calcium: 352.23mg (35.22%), Folate: 121.55µg (30.39%), Manganese: 0.58mg (28.93%), Vitamin B2: 0.49mg (28.85%), Vitamin B1: 0.42mg (28.2%), Vitamin B12: 1.53µg (25.51%), Magnesium: 78.31mg (19.58%), Zinc: 2.86mg (19.06%), Vitamin B6: 0.37mg (18.53%), Vitamin E: 2.65mg (17.68%), Potassium: 572mg (16.34%), Iron: 2.57mg (14.27%), Vitamin B3: 2.58mg (12.89%), Copper: 0.21mg (10.3%), Fiber: 2.48g (9.92%), Vitamin B5: 0.9mg (9.02%), Vitamin C: 7.02mg (8.5%), Vitamin D: 0.31µg (2.07%)