



## STOVE TOP Spinach Balls

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 eggs
- 1 cup mushrooms fresh chopped
- 0.3 cup butter
- 1 small onion finely chopped
- 1 cup parmesan cheese grated kraft
- 20 oz pkt spinach frozen dry thawed drained chopped well
- 6 oz stove top stuffing mix for chicken
- 1.7 cups water hot

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Mix stuffing mix, hot water and butter in large bowl until blended.
- Add remaining ingredients; mix lightly. Shape into 60 (1-inch) balls.
- Place in single layer on 2 rimmed baking sheets sprayed with cooking spray.
- Bake 15 to 20 min. or until heated through and lightly browned.

## Nutrition Facts

**PROTEIN 19.17%** **FAT 45.17%** **CARBS 35.66%**

## Properties

Glycemic Index:1.69, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:7.5673911701078%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 55.74kcal (2.79%), Fat: 2.85g (4.39%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.67g (0.74%), Cholesterol: 21.24mg (7.08%), Sodium: 153.48mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin K: 60.39µg (57.51%), Vitamin A: 2009.58IU (40.19%), Folate: 35.05µg (8.76%), Selenium: 6.11µg (8.73%), Manganese: 0.15mg (7.53%), Vitamin B2: 0.1mg (5.94%), Calcium: 55.05mg (5.51%), Phosphorus: 46.17mg (4.62%), Magnesium: 16.31mg (4.08%), Vitamin E: 0.61mg (4.04%), Iron: 0.61mg (3.39%), Vitamin B1: 0.05mg (3.35%), Fiber: 0.69g (2.75%), Potassium: 92.53mg (2.64%), Vitamin B6: 0.05mg (2.58%), Copper: 0.05mg (2.55%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.09µg (1.45%), Vitamin C: 1.1mg (1.33%)