

food
network



HEALTH SCORE

79%

Two Spinach Antipasti: Spinach with Cheese and Eggs: Spinaci, Cacio, e Uova and Spinach Puff: Sformato di Spinaci



Gluten Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted plus more for greasing casserole
- ☐ 3 eggs beaten
- ☐ 6 eggs
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.5 cup pecorino freshly grated
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 6 servings salt and pepper
- ☐ 3 pounds pkt spinach cleaned
- ☐ 3 pounds pkt spinach cleaned coarsely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a large saute pan, heat the olive oil over medium-high heat and add the spinach and garlic. Cook over high heat for 2 minutes.
- ☐ Crack the eggs, 1 at a time, into the simmering spinach. Season each egg with salt and pepper and top with the pecorino. Cover the pan and cook over high heat until the eggs are set. Turn out of the pan onto a serving platter or bowl and serve hot.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Bring 6 quarts of water to a boil over high heat and add 2 tablespoons salt.
- ☐ Add the spinach and cook for 30 seconds, until just limp, then drain, squeeze out the excess moisture, and finely chop.
- ☐ Place the spinach in the bowl of a food processor and puree with the cinnamon, and salt and pepper, to taste. Turn the puree out into a bowl, stir in the butter, eggs, and cheese and combine well.
- ☐ Turn the mixture into a medium well-buttered casserole and bake in the oven for 15 to 25 minutes, until the eggs are set and the top is golden brown.
- ☐ Serve hot, in wedges.

Nutrition Facts



 **PROTEIN 27.41%**  **FAT 54.19%**  **CARBS 18.4%**

Properties

Glycemic Index:33.83, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:55.338260526242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.37mg, Luteolin: 3.37mg, Luteolin: 3.37mg, Luteolin: 3.37mg Kaempferol: 28.94mg, Kaempferol: 28.94mg, Kaempferol: 28.94mg, Kaempferol: 28.94mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg, Quercetin: 18.02mg

Nutrients (% of daily need)

Calories: 361.07kcal (18.05%), Fat: 23.43g (36.05%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 7.89g (2.87%), Sugar: 2.28g (2.54%), Cholesterol: 267.87mg (89.29%), Sodium: 861.2mg (37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.35%), Vitamin K: 2197.02µg (2092.4%), Vitamin A: 43017.42IU (860.35%), Folate: 912.26µg (228.06%), Manganese: 4.11mg (205.68%), Vitamin C: 127.77mg (154.88%), Magnesium: 373.41mg (93.35%), Iron: 13.65mg (75.82%), Potassium: 2641.3mg (75.47%), Vitamin E: 11.29mg (75.27%), Vitamin B2: 1.22mg (71.91%), Calcium: 666.26mg (66.63%), Vitamin B6: 1.02mg (51.17%), Phosphorus: 481.72mg (48.17%), Fiber: 10.02g (40.07%), Selenium: 27.38µg (39.12%), Copper: 0.65mg (32.27%), Vitamin B1: 0.39mg (25.9%), Zinc: 3.7mg (24.67%), Vitamin B3: 3.35mg (16.77%), Vitamin B5: 1.39mg (13.86%), Vitamin B12: 0.78µg (12.97%), Vitamin D: 1.4µg (9.36%)