

# Spinach & Cheese Stuffed Eggs

Bergy  
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## Yield: 24 egg halves

5 ounces frozen chopped spinach,  
cooked, cooled, drained, squeezed dry  
and finely chopped  
12 hard-boiled eggs, peeled and cut in  
half  
1/2 cup Parmesan cheese, grated  
1/8 teaspoon nutmeg  
1/4 cup milk  
1/4 cup mayonnaise  
pepper (to taste)

## Preparation Time: 20 minutes

Remove the yolks from the eggs into a bowl.  
Set the whites aside. Mash the yolks.

Add the spinach, cheese, nutmeg and pepper.  
Mix well.

Stir in the milk and mayonnaise. Mix well.

Spoon a well-rounded tablespoon of the yolk  
mixture into each egg half.

Cover and chill until serving (up to twenty-four  
hours).

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown  
items): 1580 Calories; 125g Fat  
(70.9% calories from fat); 99g  
Protein; 17g Carbohydrate; 4g  
Dietary Fiber; 2603mg Cholesterol;  
1936mg Sodium. Exchanges: 0  
Grain(Starch); 13 Lean Meat; 1  
Vegetable; 0 Non-Fat Milk; 11 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1580	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	70.9%	Vitamin B12 (mcg):	7.5mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	24.9%	Riboflavin B2 (mg):	3.4mg
Total Fat (g):	125g	Folacin (mcg):	444mcg
Saturated Fat (g):	35g	Niacin (mg):	1mg
Monounsaturated Fat (g):	41g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	32g	Alcohol (kcal):	0
	2603mg	% Refuse:	0 0%

Cholesterol (mg):	
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	99g
Sodium (mg):	1936mg
Potassium (mg):	1369mg
Calcium (mg):	1091mg
Iron (mg):	11mg
Zinc (mg):	8mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	14869IU
Vitamin A (r.e.):	2245RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	13
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	0

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## Nutrition Facts

### Amount Per Serving

**Calories** 1580                      **Calories from Fat:** 1119

### % Daily Values\*

<b>Total Fat</b> 125g	192%
Saturated Fat 35g	175%
<b>Cholesterol</b> 2603mg	868%
<b>Sodium</b> 1936mg	81%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 4g	17%
<b>Protein</b> 99g	
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<b>Vitamin A</b>	297%
<b>Vitamin C</b>	58%
<b>Calcium</b>	109%
<b>Iron</b>	59%

\* Percent Daily Values are based on a 2000 calorie diet.