

Baked Spinach

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 pound fresh spinach
2 tablespoons sweet onions, minced
3 tablespoons melted butter
3 tablespoons flour
2 cups milk
3 hard-boiled eggs, finely chopped
salt and pepper (to taste)
1/2 cup American cheese, shredded
1/2 cup seasoned bread crumbs,
buttered

Preheat the oven to 375 degrees.

Wash the spinach and cook in a pan of boiling salted water until tender. Drain and chop.

In a pan, cook the onion in the butter until the onion is transparent. Add the flour and blend well. Add the milk and cook and stir until smooth and thickened. Fold in the spinach and eggs. Season with salt and pepper.

Spoon into a buttered shallow baking dish and top with the bread crumbs mixed with the American cheese.

Bake for 20 minutes or until lightly browned.

Per Serving (excluding unknown items): 1462 Calories; 88g Fat (53.0% calories from fat); 72g Protein; 103g Carbohydrate; 16g Dietary Fiber; 850mg Cholesterol; 3534mg Sodium. Exchanges: 4 Grain(Starch); 4 1/2 Lean Meat; 3 1/2 Vegetable; 2 Non-Fat Milk; 14 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1462	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	53.0%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	27.7%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	19.3%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	88g	Folacin (mcg):	1000mcg
Saturated Fat (g):	48g	Niacin (mg):	7mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0

Cholesterol (mg):	850mg
Carbohydrate (g):	103g
Dietary Fiber (g):	16g
Protein (g):	72g
Sodium (mg):	3534mg
Potassium (mg):	3783mg
Calcium (mg):	1532mg
Iron (mg):	18mg
Zinc (mg):	8mg
Vitamin C (mg):	134mg
Vitamin A (i.u.):	33933IU
Vitamin A (r.e.):	3971 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	4
Lean Meat:	4 1/2
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	2
Fat:	14
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1462 Calories from Fat: 775

% Daily Values*

Total Fat 88g	135%
Saturated Fat 48g	241%
Cholesterol 850mg	283%
Sodium 3534mg	147%
Total Carbohydrates 103g	34%
Dietary Fiber 16g	63%
Protein 72g	
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Vitamin A	679%
Vitamin C	223%
Calcium	153%
Iron	98%

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