

# Spinach Dressing

Mrs. S. Pendery Gibbens

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 8

2 packages (10 ounce ea) frozen  
chopped spinach  
1/4 cup butter  
1 onion, chopped  
3 green onions, chopped  
2 stalks celery, chopped  
2 tablespoons parsley, chopped  
1/2 pound pork sausage  
1 pound ground beef  
1 tablespoon thyme  
1 tablespoon Beau Monde seasoning  
salt (to taste)  
black pepper (to taste)  
red pepper (to taste)  
2 tablespoons Parmesan cheese  
2 eggs  
1 cup cooked rice

Preheat the oven to 350 degrees.

Cook the spinach. Set aside to drain.

In a skillet, saute' the vegetables in butter. Add the meat and brown.

Add the seasonings. Mix with the spinach.

Add the cheese, eggs and rice. Stir together until well mixed. Pour the mixture into a two-quart casserole.

Bake for 20 minutes.

*If unable to find Beau Monde seasoning, substitute a mixture of onion salt, celery salt and monosodium glutamate.*

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Per Serving (excluding unknown items): 437 Calories; 34g Fat (70.0% calories from fat); 19g Protein; 14g Carbohydrate; 4g Dietary Fiber; 137mg Cholesterol; 423mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	437	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	70.0%	<b>Vitamin B12 (mcg):</b>	2.0mcg
<b>% Calories from Carbohydrates:</b>	12.5%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	17.4%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	34g	<b>Folacin (mcg):</b>	173mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	4mg

**Monounsaturated Fat (g):** 14g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 137mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 19g  
**Sodium (mg):** 423mg  
**Potassium (mg):** 659mg  
**Calcium (mg):** 186mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 32mg  
**Vitamin A (i.u.):** 9215IU  
**Vitamin A (r.e.):** 966RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 2  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 437 **Calories from Fat:** 306

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#### % Daily Values\*

<b>Total Fat</b>	34g	53%
	Saturated Fat 15g	73%
<b>Cholesterol</b>	137mg	46%
<b>Sodium</b>	423mg	18%
<b>Total Carbohydrates</b>	14g	5%
	Dietary Fiber 4g	17%
<b>Protein</b>	19g	
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<b>Vitamin A</b>		184%
<b>Vitamin C</b>		54%
<b>Calcium</b>		19%
<b>Iron</b>		26%

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