

Spinach Balls

Jean Rambert

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

2 packages (10 ounce ea) frozen
chopped spinach
3 1/2 cups herb-seasoned stuffing
mix
1 large onion, chopped
1/2 cup Parmesan cheese, grated
1/2 teaspoon garlic salt
1/2 teaspoon thyme
3/4 cup melted butter or margarine
6 eggs

Preheat the oven to 325 degrees.

Cook the spinach and drain well.

In a bowl, combine the spinach, stuffing, onion, Parmesan, garlic salt, thyme, butter and eggs.

Form the mixture into walnut-size balls.

Bake for 15 to 20 minutes.

Per Serving (excluding unknown items): 891 Calories; 45g Fat (43.2% calories from fat); 82g Protein; 51g Carbohydrate; 30g Dietary Fiber; 1303mg Cholesterol; 2867mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 9 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	891
% Calories from Fat:	43.2%
% Calories from Carbohydrates:	21.7%
% Calories from Protein:	35.2%
Total Fat (g):	45g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	1303mg
Carbohydrate (g):	51g
Dietary Fiber (g):	30g
Protein (g):	82g
Sodium (mg):	2867mg

Vitamin B6 (mg):	1.8mg
Vitamin B12 (mcg):	4.5mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	2.9mg
Folacin (mcg):	1258mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	7
Vegetable:	9

Potassium (mg): 3563mg
Calcium (mg): 1752mg
Iron (mg): 26mg
Zinc (mg): 9mg
Vitamin C (mg): 229mg
Vitamin A (i.u.): 72369IU
Vitamin A (r.e.): 7559 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 891 Calories from Fat: 385

% Daily Values*

Total Fat	45g	69%
Saturated Fat	17g	87%
Cholesterol	1303mg	434%
Sodium	2867mg	119%
Total Carbohydrates	51g	17%
Dietary Fiber	30g	120%
Protein	82g	
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Vitamin A		1447%
Vitamin C		381%
Calcium		175%
Iron		142%

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