

# Slow Cooked Spinach Spoon Bread

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

1 package (10 ounce) chopped spinach, thawed and squeezed dry  
1 red pepper, diced  
4 large eggs, slightly beaten  
1 cup cottage cheese  
1 package (5-1/2 ounce) cornbread mix  
1 stick butter, melted  
1 1/4 teaspoons seasoned salt

Coat the slow cooker with nonstick cooking spray. Preheat on HIGH.

In a large bowl, mix all of the ingredients together. Be sure it is mixed well.

Pour the batter into the crock pot. Cook on LOW for three to four hours or until the edges are golden and a knife inserted in the center of the bread comes out clean.

Leave the lid slightly ajar to allow excess moisture to escape.

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Per Serving (excluding unknown items): 1828 Calories; 130g Fat (64.0% calories from fat); 67g Protein; 98g Carbohydrate; 11g Dietary Fiber; 1118mg Cholesterol; 5125mg Sodium. Exchanges: 7 1/2 Lean Meat; 1 1/2 Vegetable; 22 1/2 Fat; 5 1/2 Other Carbohydrates.

Side Dishes, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1828	<b>Vitamin B6 (mg):</b>	.9mg
<b>% Calories from Fat:</b>	64.0%	<b>Vitamin B12 (mcg):</b>	4.4mcg
<b>% Calories from Carbohydrates:</b>	21.3%	<b>Thiamin B1 (mg):</b>	.8mg
<b>% Calories from Protein:</b>	14.6%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	130g	<b>Folacin (mcg):</b>	332mcg
<b>Saturated Fat (g):</b>	70g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	43g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	8g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1118mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	98g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	11g	<b>Grain (Starch):</b>	0

**Protein (g):** 67g  
**Sodium (mg):** 5125mg  
**Potassium (mg):** 1021mg  
**Calcium (mg):** 391mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 235mg  
**Vitamin A (i.u.):** 13529IU  
**Vitamin A (r.e.):** 2079RE

**Lean Meat:** 7 1/2  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 22 1/2  
**Other Carbohydrates:** 5 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1828                      **Calories from Fat:** 1170

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### % Daily Values\*

<b>Total Fat</b> 130g	201%
Saturated Fat 70g	349%
<b>Cholesterol</b> 1118mg	373%
<b>Sodium</b> 5125mg	214%
<b>Total Carbohydrates</b> 98g	33%
Dietary Fiber 11g	43%
<b>Protein</b> 67g	
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<b>Vitamin A</b>	271%
<b>Vitamin C</b>	391%
<b>Calcium</b>	39%
<b>Iron</b>	47%

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