

Baked Spinach Alfredo

Publix Aprons - Simple Meals

Servings: 8

*2 packages (10 ounce ea) frozen
chopped spinach, thawed
3 slices garlic Texas toast, cubed
1 jar (15 ounce) Bertoli garlic alfredo
sauce
1/2 cup fresh red onions, diced
1/4 cup + 2 tablespoons grated
Parmesan cheese, divided
1/8 teaspoon ground nutmeg*

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

Place the spinach in a colander under cool running water to thaw. Break into the smallest pieces possible. Cut the bread into small cubes.

Squeeze the liquid from the spinach. Place in a medium bowl. Stir in the Alfredo sauce, onions, 1/4 cup of Parmesan and nutmeg.

Transfer the mixture to a two-quart baking dish. Top with the remaining two tablespoons of cheese and the bread cubes.

Bake for 25 to 30 minutes or until bubbly and the center is hot.

Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 28 Calories; trace Fat (10.4% calories from fat); 3g Protein; 5g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	28
% Calories from Fat:	10.4%
% Calories from Carbohydrates:	51.5%
% Calories from Protein:	38.1%
Total Fat (g):	trace

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	136mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): trace
Carbohydrate (g): 5g
Dietary Fiber (g): 3g
Protein (g): 3g
Sodium (mg): 87mg
Potassium (mg): 368mg
Calcium (mg): 128mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 8826IU
Vitamin A (r.e.): 882RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 28 **Calories from Fat:** 3

% Daily Values*

Total Fat trace 1%
 Saturated Fat trace 0%
Cholesterol trace 0%
Sodium 87mg 4%
Total Carbohydrates 5g 2%
 Dietary Fiber 3g 14%
Protein 3g

Vitamin A 177%
Vitamin C 46%
Calcium 13%
Iron 13%

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