

Spinach and Artichoke Casserole

Mrs. W. A. Rolston

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

Servings: 6

3 packages (10 ounce ea) frozen
chopped spinach
1 package (8 ounce) cream cheese
1/2 cup margarine
2 cans (8-1/2 ounce ea) artichoke
hearts
salt (to taste)
pepper (to taste)
dash Worcestershire sauce
1/2 cup buttered bread crumbs OR
Italian bread crumbs

Preheat the oven to 350 degrees.

Cook the chopped spinach. Drain well.

In a bowl, mix the hot spinach with the cream
cheese and margarine. Season to taste.

In a two-quart casserole, layer one-half of the
spinach, then layer one-half of the artichokes.
Repeat the layers. Cover with the bread crumbs.

Bake for 30 minutes.

(The casserole may be prepared earlier and
refrigerated or frozen.)

Per Serving (excluding unknown
items): 339 Calories; 29g Fat
(73.3% calories from fat); 11g
Protein; 13g Carbohydrate; 8g
Dietary Fiber; 42mg Cholesterol;
487mg Sodium. Exchanges: 1/2
Lean Meat; 2 1/2 Vegetable; 5 1/2
Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	339
% Calories from Fat:	73.3%
% Calories from Carbohydrates:	14.9%
% Calories from Protein:	11.9%
Total Fat (g):	29g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	42mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	292mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	13g
Dietary Fiber (g):	8g
Protein (g):	11g
Sodium (mg):	487mg
Potassium (mg):	888mg
Calcium (mg):	302mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	58mg
Vitamin A (i.u.):	18923IU
Vitamin A (r.e.):	2085RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	339	Calories from Fat: 248
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% Daily Values*

Total Fat	29g	45%
Saturated Fat	11g	56%
Cholesterol	42mg	14%
Sodium	487mg	20%
Total Carbohydrates	13g	4%
Dietary Fiber	8g	33%
Protein	11g	

Vitamin A	378%
Vitamin C	97%
Calcium	30%
Iron	30%

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