

Spinach Casserole II

M. H. Varn

Gourmet Eating in South Carolina - (1985)

2 pounds spinach
1 can cream of onion soup
2 hard-boiled eggs, chopped
1/2 cup bread crumbs OR stuffing mix
2 tablespoons butter
salt (to taste)
pepper (to taste)

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Preheat the oven to 350 degrees.

Wash and cook the spinach with salt and pepper until tender. Drain.

In a bowl, add the onion and egg to the onion soup.

Place a layer of half of the spinach in the bottom of a greased casserole dish. Cover with half of the soup mixture. Repeat the layers, ending with the soup mixture.

Melt the butter. Combine with the bread crumbs. Sprinkle on top of the casserole.

Bake for 30 minutes.

Per Serving (excluding unknown items): 665 Calories; 42g Fat (52.0% calories from fat); 41g Protein; 46g Carbohydrate; 25g Dietary Fiber; 501mg Cholesterol; 2003mg Sodium. Exchanges: 2 Lean Meat; 9 Vegetable; 6 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	665	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	52.0%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	25.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	42g	Folacin (mcg):	1817mcg
Saturated Fat (g):	19g	Niacin (mg):	7mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 5g
 Cholesterol (mg): 501mg
 Carbohydrate (g): 46g
 Dietary Fiber (g): 25g
 Protein (g): 41g
 Sodium (mg): 2003mg
 Potassium (mg): 5320mg
 Calcium (mg): 990mg
 Iron (mg): 26mg
 Zinc (mg): 6mg
 Vitamin C (mg): 256mg
 Vitamin A (i.u.): 62694IU
 Vitamin A (r.e.): 6504 1/2RE

Alcohol (kcal): 0
 % Deficit: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 2
 Vegetable: 9
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 6
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 665 Calories from Fat: 346

% Daily Values*

Total Fat	42g	64%
Saturated Fat	19g	97%
Cholesterol	501mg	167%
Sodium	2003mg	83%
Total Carbohydrates	46g	15%
Dietary Fiber	25g	102%
Protein	41g	
Vitamin A		1254%
Vitamin C		427%
Calcium		99%
Iron		147%

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