

# Spinach Casserole III

Alice V. Cinader  
Gourmet Eating in South Carolina - (1985)

1 box frozen spinach, thawed and drained

1 can cream of mushroom soup

1 small package stuffing mix

3 - 4 teaspoons butter

1 onion, diced

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Preheat the oven to 400 degrees.

In a casserole dish, place the spinach, soup and onion. Mix well.

In a bowl, stir together the melted butter and stuffing mix. Coat well. Sprinkle over the top of the casserole.

Bake in a hot oven until brown.

Remove from the oven and serve.

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Per Serving (excluding unknown items): 615 Calories; 56g Fat (78.8% calories from fat); 9g Protein; 25g Carbohydrate; 7g Dietary Fiber; 127mg Cholesterol; 1619mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Vegetable; 11 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	615
% Calories from Fat:	78.8%
% Calories from Carbohydrates:	15.8%
% Calories from Protein:	5.4%
Total Fat (g):	56g
Saturated Fat (g):	31g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	127mg
Carbohydrate (g):	25g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	214mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 9g  
**Sodium (mg):** 1619mg  
**Potassium (mg):** 791mg  
**Calcium (mg):** 255mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 46mg  
**Vitamin A (i.u.):** 13836IU  
**Vitamin A (r.e.):** 1640RE

**Lean Meat:** 0  
**Vegetable:** 3  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 11  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 615                      **Calories from Fat:** 485

### % Daily Values\*

**Total Fat** 56g 86%  
     Saturated Fat 31g 156%  
**Cholesterol** 127mg 42%  
**Sodium** 1619mg 67%  
**Total Carbohydrates** 25g 8%  
     Dietary Fiber 7g 29%  
**Protein** 9g

**Vitamin A** 277%  
**Vitamin C** 77%  
**Calcium** 26%  
**Iron** 22%

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