

# Spinach Casserole

Mrs. Frank Simoneaux

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

## Servings: 8

3 packages (10 ounce ea) frozen  
chopped spinach  
1/2 cup butter  
8 ounces cream cheese  
1/2 teaspoon garlic powder  
1 tablespoon lemon juice  
2 tablespoons Worcestershire sauce  
1 teaspoon salt  
3 shakes Tabasco sauce  
1 cup herb dressing

Preheat the oven to 350 degrees.

Cook the spinach and drain in a colander.

In the same pot used for the spinach, melt the butter and cream cheese. Add the seasoning and mix.

Add the drained spinach and mix.

Pour the mixture into a two-quart casserole. Top with the herb dressing.

Bake for 30 minutes or until hot.

(This casserole may be made in advance and reheated.)

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Per Serving (excluding unknown items): 247 Calories; 22g Fat (75.2% calories from fat); 7g Protein; 9g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 655mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	247	Vitamin B6 (mg):	.3mg
% Calories from Fat:	75.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	22g	Folacin (mcg):	209mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	9g
Dietary Fiber (g):	5g
Protein (g):	7g
Sodium (mg):	655mg
Potassium (mg):	626mg
Calcium (mg):	222mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	53mg
Vitamin A (i.u.):	14114IU
Vitamin A (r.e.):	1556 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	247	Calories from Fat: 186
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### % Daily Values\*

<b>Total Fat</b>	22g	34%
Saturated Fat	13g	67%
<b>Cholesterol</b>	62mg	21%
<b>Sodium</b>	655mg	27%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	5g	21%
<b>Protein</b>	7g	
<b>Vitamin A</b>		282%
<b>Vitamin C</b>		88%
<b>Calcium</b>		22%
<b>Iron</b>		23%

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