



SPINACH SNACKS

Ingredients

1 10 oz. package frozen chopped spinach

½ cup onion, chopped

1 ½ cups bread crumbs

½ cup Colby-jack cheese

2 tablespoons margarine

1 egg (or 1 egg white)

Vegetable oil or spray

Instructions

Preheat oven to 350° F.

Defrost frozen spinach and squeeze to remove excess water.

Mix all ingredients in a large bowl.

Shape into 20 one inch balls. Cover and refrigerate or freeze until ready to bake.

Bake on lightly greased or sprayed cookie sheet at 350° F until light brown, 10-15 minutes.

Nutrition Facts

Serving Size (54g)

Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 35

% Daily Value *

Total Fat 4g 6%

Saturated Fat 2g 9%

Cholesterol 5mg 2%

Sodium 80mg 3%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 5%

Sugars 1g

Protein 3g

Vitamin A 70% Vitamin C 10%

Calcium 8% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Eating Right is Basic – Michigan State University Extension Family & Consumer Sciences.



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