

Cheesy Baked Spinach Casserole

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-buffet-spinach-casserole-recipe>

Ingredients:

- 1 pound frozen spinach
- 1 large egg
- 1/4 teaspoon kosher salt
- 1/2 cup cottage cheese
- 1/2 teaspoon ground nutmeg
- 1/2 cup cheese shredded low-fat sharp
- 2 tablespoons plain breadcrumbs
- 1 large garlic clove grated

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 70 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 460 milligrams
9. Sugar: 2 grams

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