

Cheesy Spinach Bake

Yield: 7 min
Total Time: 50 min

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

Ingredients:

- 20 ounces frozen spinach thawed and chopped
- 5 3/8 ounces condensed cream of mushroom soup
- 1 cup sharp cheddar cheese grated
- 3/4 cup Gruyere cheese grated
- 1 egg
- 2 teaspoons Dijon mustard
- 1/2 teaspoon garlic powder
- kosher salt
- freshly ground pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 60 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 460 milligrams
9. Sugar: 1 grams

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