



Almond-Milk Creamed Spinach

READY IN



60 min.

SERVINGS



30

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 2 cups vanilla almond milk unsweetened
- ☐ 2 tablespoons marcona almonds finely chopped
- ☐ 20 ounces baby spinach (4 bags)
- ☐ 0.5 cup cotija cheese grated
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt
- ☐ 2 shallots thinly sliced

☐ 4 tablespoons butter unsalted

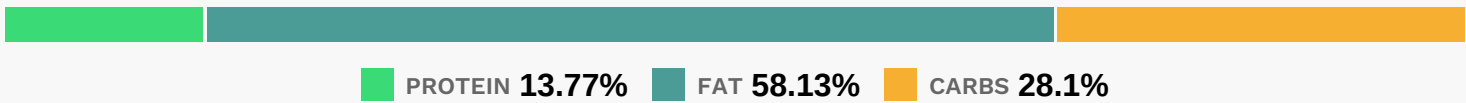
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 42
- ☐ In a large saucepan, heat 1 inch of water.
- ☐ Add the spinach by the handful; allow each handful to wilt before adding more. When the spinach is wilted, drain it, pressing out as much water as possible. Wipe out the pot.
- ☐ Melt 2 tablespoons of the butter in the pot.
- ☐ Add the shallots; cook over moderate heat until softened. Stir in the flour and cook for 1 minute.
- ☐ Add the almond milk and simmer until very thick, whisking occasionally, 5 minutes. Stir in the cheese and spinach. Season with salt and pepper. Spoon into a baking dish.
- ☐ In a small bowl, melt the remaining 2 tablespoons of butter. Stir in the panko and almonds and sprinkle over the creamed spinach.
- ☐ Bake for 15 minutes, until golden.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:8.6082608907119%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 40.66kcal (2.03%), Fat: 2.75g (4.23%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.35g (0.39%), Cholesterol: 6.24mg (2.08%), Sodium: 270.31mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 91.74µg (87.37%), Vitamin A: 1830.04IU (36.6%), Manganese: 0.22mg (11.13%), Folate: 41.38µg (10.34%), Vitamin C: 5.44mg (6.6%), Calcium: 57.31mg (5.73%), Magnesium: 18.58mg (4.64%), Vitamin B2: 0.08mg (4.43%), Vitamin E: 0.61mg (4.04%), Iron: 0.69mg (3.85%), Potassium: 123.02mg (3.51%), Fiber: 0.72g (2.86%), Vitamin B6: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.77%), Phosphorus: 25.78mg (2.58%), Copper: 0.04mg (2.02%), Selenium: 1.27µg (1.81%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.23mg (1.53%)