



Bobby's Creamed Spinach

READY IN



15 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup percent milk low-fat
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons pecorino romano cheese freshly grated
- ☐ 2 bunches pkt spinach stemmed chopped
- ☐ 0.5 vidalia onion minced

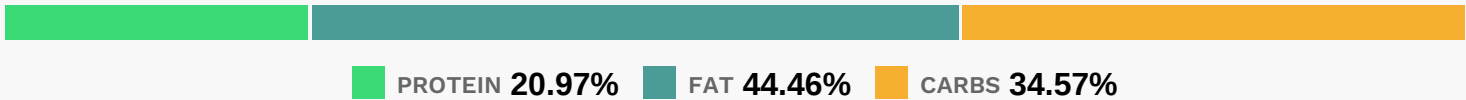
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt the butter over medium-high heat.
- ☐ Add the flour and cook, stirring constantly, until smooth, about 30 seconds.
- ☐ Add the milk and nutmeg and whisk constantly until the mixture thickens, about 1 minute.
- ☐ Heat the oil in a medium saute pan over medium-high heat.
- ☐ Add the garlic and onions and cook until soft, about 2 minutes.
- ☐ Add the chopped spinach and cook until warmed through. Stir the spinach into the milk mixture. Top with the cheese and serve.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:30.401739094568%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 11.32mg, Kaempferol: 11.32mg, Kaempferol: 11.32mg, Kaempferol: 11.32mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 132.98kcal (6.65%), Fat: 7.2g (11.07%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 8.39g (3.05%), Sugar: 4.36g (4.85%), Cholesterol: 13.78mg (4.59%), Sodium: 219.21mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin K: 822.83µg (783.65%), Vitamin A: 16074.63IU (321.49%), Folate: 344.71µg (86.18%), Manganese: 1.59mg (79.51%), Vitamin C: 50.05mg (60.67%), Magnesium: 143.71mg (35.93%), Potassium: 1048.67mg (29.96%), Iron: 4.86mg (27.03%), Vitamin E: 3.85mg (25.65%), Calcium: 254.6mg (25.46%), Vitamin B2: 0.41mg (24.08%), Vitamin B6: 0.41mg (20.51%), Fiber: 4.2g

(16.82%), Phosphorus: 154.39mg (15.44%), Copper: 0.25mg (12.66%), Vitamin B1: 0.18mg (11.95%), Zinc: 1.22mg (8.14%), Vitamin B3: 1.43mg (7.17%), Selenium: 3.97µg (5.67%), Vitamin B12: 0.2µg (3.4%), Vitamin B5: 0.29mg (2.88%)