



Creamed Spinach

 Vegetarian  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

Ingredients

- 1.5 cups percent milk
- 2 tablespoons evaporated milk fat free
- 4 teaspoons flour all-purpose
- 20 ounce pkt spinach frozen thawed
- 1 pinch ground nutmeg
- 0.5 cup chicken broth low-sodium
- 2 teaspoons olive oil
- 4 servings salt and pepper black freshly ground

0.5 cup shallots finely chopped

Equipment

frying pan

Directions

Watch how to make this recipe.

Squeeze all of the water from the spinach. In a large pan, heat the oil over a medium heat.

Add the shallots and cook, stirring, until softened, about 2 minutes.

Add the flour and cook, stirring, for 30 seconds.

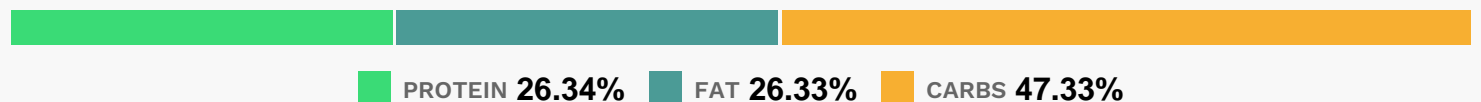
Add the milk and broth and cook, scraping up any bits from the bottom of the pan. Bring to a simmer and cook for 2 minutes.

Add the spinach and simmer until tender, about 5 minutes. Stir in the evaporated milk and nutmeg and season to taste with salt and pepper.

Excellent source of: Protein, Vitamin A, Riboflavin, Folate, Calcium, Magnesium, Manganese, Potassium

Good source of: Fiber, Thiamin, Vitamin B6, Vitamin C, Vitamin D, Copper, Iodine, Iron, Phosphorus, Selenium

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:27.45000005805%

Nutrients (% of daily need)

Calories: 141.82kcal (7.09%), Fat: 4.54g (6.98%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 13.16g (4.79%), Sugar: 8.51g (9.45%), Cholesterol: 6.6mg (2.2%), Sodium: 159.9mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin K: 529.04µg (503.85%), Vitamin A: 16814.7IU (336.29%), Manganese: 1.12mg (56.05%), Folate: 221.83µg (55.46%), Calcium: 327.28mg (32.73%), Magnesium: 126.3mg (31.58%), Vitamin E: 4.44mg (29.62%), Vitamin B2: 0.49mg (28.83%), Potassium: 782.4mg (22.35%), Fiber: 5.19g (20.75%), Phosphorus: 205.28mg (20.53%), Vitamin B6: 0.41mg (20.36%), Iron: 3.23mg (17.95%), Selenium: 11.58µg (16.54%), Vitamin B1: 0.22mg (14.78%), Copper: 0.25mg (12.7%), Vitamin C: 10.31mg (12.5%), Vitamin B12:

0.58µg (9.69%), Zinc: 1.4mg (9.34%), Vitamin B3: 1.42mg (7.09%), Vitamin D: 0.98µg (6.54%), Vitamin B5: 0.6mg (5.96%)