



## Creamed Spinach

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

### Ingredients

- 4 ounces bacon ( 4 strips)
- 4 servings pepper black freshly ground
- 0.5 cup heavy cream
- 0.3 cup parmesan
- 4 servings salt and pepper
- 1 pound pkt spinach dried fresh organic

### Equipment

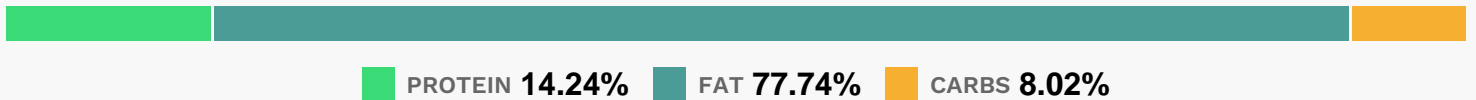
- bowl

- frying pan
- whisk
- colander

## Directions

- Steam spinach until tender and set aside to cool in a colander placed over a bowl to catch any excess moisture. (Steaming preserves vitamins, so since it cooks quickly, be careful to avoid overcooking the spinach, which will negate that advantage.)
- Cook bacon until crispy in a saute pan and remove to paper toweling to drain and cool.
- Pour most of the fat out of the pan and add the cream to the same pan over low heat, allowing to reduce by about one-third.
- While the cream is reducing, finely chop the now cooled spinach, and return it briefly to the colander placed over a bowl.
- Cut the bacon strips into 1/4-inch pieces.
- Whisk the Parmesan into the reduced cream, and season with pepper. Since the cheese will add saltiness, add salt only if needed. Fold the well-drained spinach and bacon into the sauce.
- Transfer to a serving dish.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:24.82739131347%

## Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

## Nutrients (% of daily need)

Calories: 270.2kcal (13.51%), Fat: 24.05g (37%), Saturated Fat: 11.71g (73.19%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.4g (1.55%), Cholesterol: 56.58mg (18.86%), Sodium: 579.23mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Vitamin K: 548.93µg (522.79%), Vitamin A:

11130.51IU (222.61%), Folate: 221.64µg (55.41%), Manganese: 1.04mg (51.75%), Vitamin C: 32.04mg (38.84%), Magnesium: 97.99mg (24.5%), Calcium: 207.88mg (20.79%), Potassium: 724.27mg (20.69%), Vitamin B2: 0.31mg (18.48%), Iron: 3.28mg (18.23%), Vitamin E: 2.71mg (18.08%), Phosphorus: 157.18mg (15.72%), Vitamin B6: 0.31mg (15.65%), Selenium: 9.14µg (13.05%), Vitamin B1: 0.18mg (11.68%), Fiber: 2.52g (10.08%), Vitamin B3: 2mg (9.99%), Copper: 0.17mg (8.3%), Zinc: 1.18mg (7.87%), Vitamin B12: 0.26µg (4.41%), Vitamin D: 0.62µg (4.14%), Vitamin B5: 0.34mg (3.37%)