



Creamed Spinach

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 clove garlic minced
- 0.3 cup heavy cream
- 0.3 teaspoon nutmeg freshly ground
- 1 tablespoon olive oil
- 4 servings salt and pepper black freshly ground
- 2 bunches pkt spinach stemmed chopped
- 1 vidalia onion minced

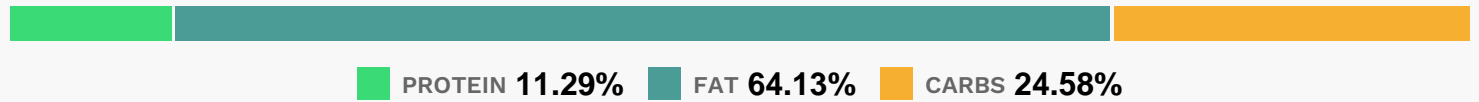
Equipment

frying pan

Directions

- In a medium saute pan over medium-high heat, melt butter and then add the olive oil.
- Mix in the onions and garlic; cook for 2 minutes until soft.
- Add the chopped spinach and warm through.
- Add the salt, pepper, nutmeg and the heavy cream.
- Mix well. Cook until liquid reduces by half, roughly 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:30.226521606031%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 11.79mg, Kaempferol: 11.79mg, Kaempferol: 11.79mg, Kaempferol: 11.79mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 15.33g (23.58%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 8.67g (3.15%), Sugar: 5.35g (5.94%), Cholesterol: 31.86mg (10.62%), Sodium: 190.18mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 824.6µg (785.33%), Vitamin A: 16336.06IU (326.72%), Folate: 349.77µg (87.44%), Manganese: 1.62mg (80.84%), Vitamin C: 52.07mg (63.11%), Magnesium: 143.52mg (35.88%), Potassium: 1067.69mg (30.51%), Vitamin E: 4.27mg (28.48%), Iron: 4.88mg (27.13%), Vitamin B6: 0.45mg (22.71%), Vitamin B2: 0.37mg (21.72%), Calcium: 198.41mg (19.84%), Fiber: 4.55g (18.21%), Copper: 0.27mg (13.69%), Phosphorus: 117.52mg (11.75%), Vitamin B1: 0.17mg (11.46%), Zinc: 1.06mg (7.09%), Vitamin B3: 1.36mg (6.81%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.24mg (2.43%), Vitamin D: 0.24µg (1.59%)