



Creamed Spinach

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby spinach fresh stemmed
- ☐ 0.5 teaspoon nutmeg fresh grated
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup heavy cream
- ☐ 6 servings olive oil extra-virgin
- ☐ 1 onion minced
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 1 tablespoon butter unsalted

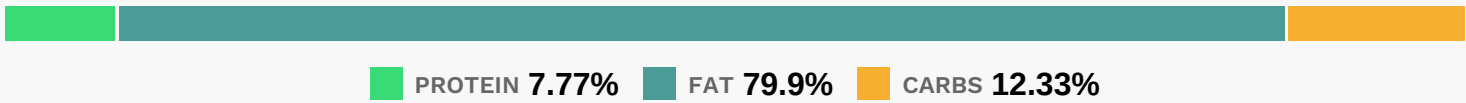
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large pot over medium heat.
- ☐ Drizzle with a 2-count of oil, add the butter, and stir it around so it melts.
- ☐ Saute the onion and garlic until soft, about 5 minutes.
- ☐ Add the spinach in batches, pushing it down with a wooden spoon to help it wilt. Keep adding more spinach when there is room in the pot. Cook the spinach until it is dry, then lower the heat and add the cream and nutmeg. Stir and cook for 10 minutes. Season with salt and pepper and serve hot.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:27.451304409815%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.77mg, Kaempferol: 9.77mg, Kaempferol: 9.77mg, Kaempferol: 9.77mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 252.65kcal (12.63%), Fat: 23.73g (36.51%), Saturated Fat: 7.84g (49%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.05g (2.28%), Cholesterol: 27.43mg (9.14%), Sodium: 126.29mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Vitamin K: 739.76µg (704.54%), Vitamin A: 14528.82IU (290.58%), Folate: 297.84µg (74.46%), Manganese: 1.41mg (70.72%), Vitamin C: 44.28mg (53.67%), Vitamin E: 5.33mg (35.52%), Magnesium: 123.44mg (30.86%), Potassium: 895.91mg (25.6%), Iron: 4.27mg (23.7%), Vitamin B2: 0.33mg (19.42%), Calcium: 170.25mg (17.03%), Vitamin B6: 0.34mg (16.84%), Fiber: 3.72g (14.88%),

Copper: 0.21mg (10.61%), Phosphorus: 93.51mg (9.35%), Vitamin B1: 0.13mg (8.88%), Zinc: 0.9mg (5.99%), Vitamin B3: 1.14mg (5.7%), Selenium: 2.37µg (3.39%), Vitamin D: 0.35µg (2.35%), Vitamin B5: 0.18mg (1.81%)