



Creamed Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic smashed
- ☐ 0.8 cup heavy cream
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon nutmeg freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan freshly grated
- ☐ 3 pounds pkt spinach
- ☐ 2 tablespoons butter unsalted

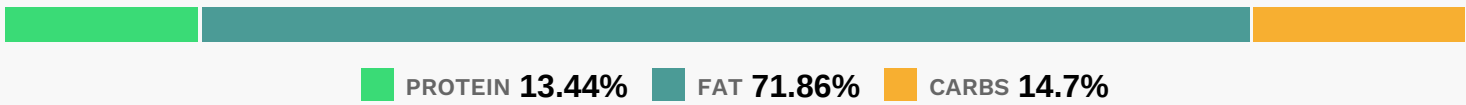
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Wash the spinach in several changes of water to get rid of any grit.
- ☐ Drain the spinach but keep some of the water clinging to the leaves.
- ☐ Heat the butter and oil in a large skillet over medium-high heat and add the spinach and garlic. Cook, turning frequently, until the spinach has wilted down evenly.
- ☐ Remove the garlic and put the spinach into a colander and let it drain well. Press out as much liquid as you can from the leaves and chop them coarsely.
- ☐ Heat the skillet again over medium-high heat and add the cream and nutmeg; cook until it reduces a bit, about 5 minutes.
- ☐ Add the spinach and parmesan and season with salt and pepper. Cook until the spinach is hot, about 5 more minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:29.163913042649%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 185.95kcal (9.3%), Fat: 15.96g (24.56%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 3.51g (1.28%), Sugar: 1.47g (1.64%), Cholesterol: 34.86mg (11.62%), Sodium: 191.11mg (8.31%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin K: 824.86µg (785.59%), Vitamin A: 16390.74IU (327.81%), Folate: 331.43µg (82.86%), Manganese: 1.56mg (77.97%), Vitamin C: 48.17mg (58.39%), Magnesium: 138.2mg (34.55%), Vitamin E: 4.25mg (28.35%), Potassium: 979.3mg (27.98%), Iron: 4.71mg (26.16%), Calcium: 223.26mg (22.33%), Vitamin B2: 0.38mg (22.13%), Vitamin B6: 0.35mg (17.62%), Fiber: 3.84g (15.34%), Phosphorus: 120.65mg (12.07%), Copper: 0.23mg (11.56%), Vitamin B1: 0.14mg (9.4%), Zinc: 1.06mg (7.06%), Vitamin B3: 1.27mg (6.33%), Selenium: 3.22µg (4.61%), Vitamin D: 0.43µg (2.83%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.08µg (1.32%)