



Creamed Spinach

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baby spinach washed
- ☐ 2 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic smashed
- ☐ 4 servings kosher salt
- ☐ 1 cup milk
- ☐ 4 servings olive oil extra-virgin

- ☐ 0.5 small onion diced finely
- ☐ 0.3 cup parmigiano grated

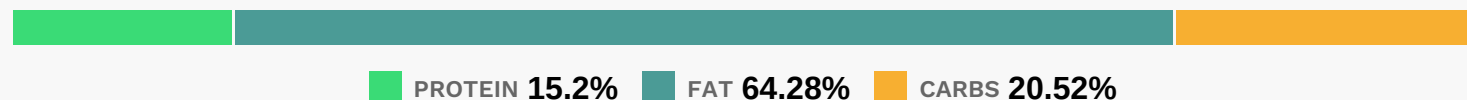
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat a large, straight-sided saute pan with olive oil and heat over medium heat.
- ☐ Add the spinach, cover and saute until gently wilted.
- ☐ Remove the spinach from the pan to a colander set inside a bowl to let the spinach drain and cool.
- ☐ Remove any liquid from the bottom of the saute pan and coat lightly with olive oil.
- ☐ Heat the oil over medium heat, add the onions, and season with salt, to taste.
- ☐ Saute the onions until they are translucent and very aromatic, about 5 to 7 minutes.
- ☐ Add the garlic and saute for 2 to 3 more minutes.
- ☐ Add the butter, and when melted stir in the flour. Cook until it is the texture of wet sand, about 5 to 6 minutes.
- ☐ Whisk in the milk, cayenne pepper and Parmigiano. Taste for seasoning and season with salt, if needed, (it will). Bring the milk to a boil, then reduce the heat and simmer for 5 to 6 minutes, stirring occasionally, so the milk doesn't scorch on the bottom.
- ☐ Add in the reserved spinach and stir to combine. Taste and adjust the seasoning, if needed.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:41.734347841014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 18.15mg, Kaempferol: 18.15mg, Kaempferol: 18.15mg, Kaempferol: 18.15mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

Nutrients (% of daily need)

Calories: 319.72kcal (15.99%), Fat: 24.41g (37.55%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 11.01g (4%), Sugar: 4.58g (5.09%), Cholesterol: 26.62mg (8.87%), Sodium: 587.03mg (25.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.97%), Vitamin K: 1378.58µg (1312.93%), Vitamin A: 26916.62IU (538.33%), Folate: 559.22µg (139.81%), Manganese: 2.61mg (130.48%), Vitamin C: 80.8mg (97.94%), Magnesium: 236.29mg (59.07%), Vitamin E: 7.99mg (53.27%), Potassium: 1704.32mg (48.69%), Iron: 8.04mg (44.64%), Calcium: 436.96mg (43.7%), Vitamin B2: 0.67mg (39.17%), Vitamin B6: 0.63mg (31.36%), Fiber: 6.53g (26.1%), Phosphorus: 254.53mg (25.45%), Vitamin B1: 0.29mg (19.64%), Copper: 0.38mg (19.23%), Zinc: 1.99mg (13.27%), Vitamin B3: 2.38mg (11.9%), Selenium: 7µg (10%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.48mg (4.84%), Vitamin D: 0.7µg (4.68%)