



Creamed Spinach



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup milk fat-free
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup cream cheese light tub-style softened
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 20 ounce pkt spinach fresh

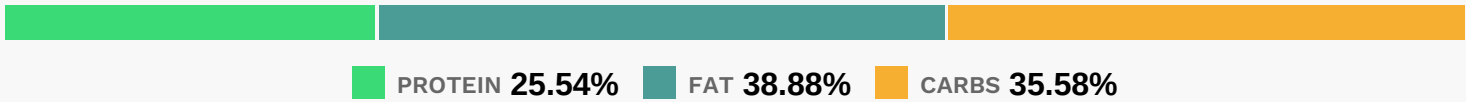
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Remove large stems from spinach, and rinse with cold water; drain.
- ☐ Place a large Dutch oven over medium heat, and add spinach. (Spinach will need to be tightly packed into the pan to cook all of it in one batch). Cover and cook 5 minutes or until spinach wilts; stir spinach well after 2 minutes.
- ☐ Place spinach in a colander, and drain well, pressing spinach with the back of a spoon to remove as much moisture as possible.
- ☐ Place pan coated with cooking spray over medium heat until hot.
- ☐ Add shallots; saut 2 minutes.
- ☐ Combine flour, salt, and nutmeg; add to pan, stirring well. Cook 30 seconds.
- ☐ Add milk and cheese, stirring with a whisk; cook 1 minute or until thick.
- ☐ Add spinach; cook 30 seconds or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:60.06, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:27.227391367373%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 110.88kcal (5.54%), Fat: 5.2g (8.01%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 7.4g (2.69%), Sugar: 4.3g (4.78%), Cholesterol: 17.12mg (5.71%), Sodium: 305.54mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin K: 685.01µg (652.39%), Vitamin A:

13520.01IU (270.4%), Folate: 284.88µg (71.22%), Manganese: 1.3mg (64.96%), Vitamin C: 40.23mg (48.77%), Magnesium: 119.44mg (29.86%), Potassium: 934.2mg (26.69%), Calcium: 227.32mg (22.73%), Iron: 4mg (22.23%), Vitamin B2: 0.37mg (21.74%), Vitamin E: 2.96mg (19.74%), Vitamin B6: 0.33mg (16.27%), Phosphorus: 152.04mg (15.2%), Fiber: 3.32g (13.27%), Copper: 0.2mg (10.05%), Vitamin B1: 0.15mg (10.05%), Vitamin B12: 0.45µg (7.56%), Zinc: 1.09mg (7.26%), Vitamin B3: 1.17mg (5.85%), Selenium: 3.63µg (5.19%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.43µg (2.85%)