



 **55%**
HEALTH SCORE

Creamed Spinach

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



162 kcal

SIDE DISH

Ingredients

- 3 pounds baby spinach washed
- 10 servings ground pepper
- 1.5 cups cup heavy whipping cream
- 10 servings kosher salt
- 0.5 cup onion yellow finely chopped

Equipment

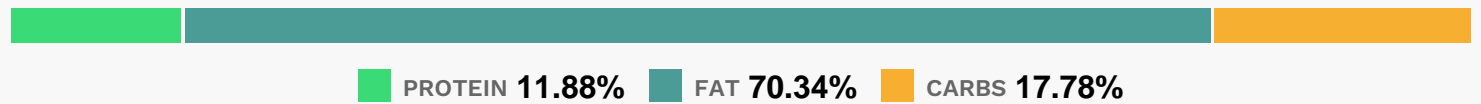
- sauce pan
- pot

- sieve
- dutch oven

Directions

- Combine the cream and onion in a small saucepan over medium heat and bring to a simmer.
- Let cook until the cream has thickened and reduced by half, and the onion is soft, about 10 minutes.
- Heat a large pot or Dutch oven over medium heat and add about a quarter of the spinach to the dry pot. Cook, stirring occasionally, until wilted.
- Add more spinach to the pot and repeat until all of the spinach is wilted. Set a strainer in the sink and transfer the spinach to the strainer.
- Drain off the excess liquid and return the spinach to the pot.
- Add the reduced cream mixture, season well with salt and cayenne pepper, and stir to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:25.936956553356%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 162.24kcal (8.11%), Fat: 13.77g (21.19%), Saturated Fat: 8.37g (52.28%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.16g (2.4%), Cholesterol: 40.34mg (13.45%), Sodium: 311.85mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Vitamin K: 660.04µg (628.61%), Vitamin A: 14117.16IU (282.34%), Folate: 269.06µg (67.26%), Manganese: 1.27mg (63.59%), Vitamin C: 40.57mg (49.18%), Magnesium: 113.85mg (28.46%), Vitamin E: 3.69mg (24.59%), Potassium: 845.23mg (24.15%), Iron: 3.9mg (21.65%),

Vitamin B2: 0.34mg (20.28%), Vitamin B6: 0.34mg (16.82%), Calcium: 163.2mg (16.32%), Fiber: 3.67g (14.69%),
Copper: 0.19mg (9.58%), Phosphorus: 95.56mg (9.56%), Vitamin B1: 0.12mg (8.23%), Vitamin B3: 1.19mg (5.96%),
Zinc: 0.87mg (5.8%), Vitamin D: 0.57µg (3.81%), Selenium: 2.65µg (3.78%), Vitamin B5: 0.19mg (1.89%)