

Creamed Spinach

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 3 lb baby spinach
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup butter unsalted
- ☐ 1.3 cups milk whole

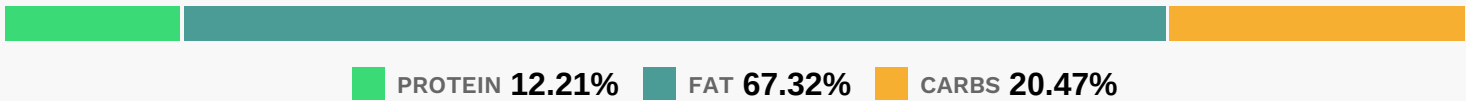
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Cook spinach in 2 batches in 1 inch of boiling salted water in an 8-quart pot, stirring constantly, until wilted, 1 to 2 minutes.
- ☐ Drain in a colander and rinse under cold running water until cool. Squeeze small handfuls of spinach to remove as much moisture as possible, then coarsely chop.
- ☐ Heat milk and cream in a small saucepan over moderate heat, stirring, until warm. Meanwhile, cook onion in butter in a 3-quart heavy saucepan over moderately low heat, stirring occasionally, until softened, about 4 minutes.
- ☐ Whisk in flour and cook roux, whisking, 3 minutes.
- ☐ Add warm milk mixture in a fast stream, whisking constantly to prevent lumps, and simmer, whisking, until thickened, 3 to 4 minutes. Stir in nutmeg, spinach, and salt and pepper to taste and cook, stirring, until heated through.
- ☐ Creamed spinach can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat over moderately low heat until hot.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:26.202608823776%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg 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: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 14.75g (22.69%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 6.89g (2.51%), Sugar: 3.05g (3.39%), Cholesterol: 42.76mg (14.25%), Sodium: 126.49mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin K: 658.54µg (627.18%), Vitamin A: 13301.26IU (266.03%), Folate: 272.18µg (68.05%), Manganese: 1.25mg (62.67%), Vitamin C: 38.9mg (47.15%), Magnesium: 114.37mg (28.59%), Potassium: 842.69mg (24.08%), Iron: 3.87mg (21.52%), Vitamin B2: 0.36mg (21.37%), Vitamin E: 3.13mg (20.88%), Calcium: 191.43mg (19.14%), Vitamin B6: 0.3mg (15.11%), Fiber: 3.2g (12.81%), Phosphorus: 118.11mg (11.81%), Vitamin B1: 0.16mg (10.41%), Copper: 0.19mg (9.41%), Zinc: 0.94mg (6.29%), Vitamin B3: 1.23mg (6.14%), Selenium: 3.81µg (5.44%), Vitamin D: 0.8µg (5.34%), Vitamin B12: 0.21µg (3.54%), Vitamin B5: 0.29mg (2.91%)