



## Creamed Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

## Ingredients

- ☐ 0.8 cup percent milk
- ☐ 20 ounce pkt spinach frozen thawed chopped
- ☐ 1 clove garlic chopped
- ☐ 6 servings kosher salt and pepper black
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 1 onion finely chopped

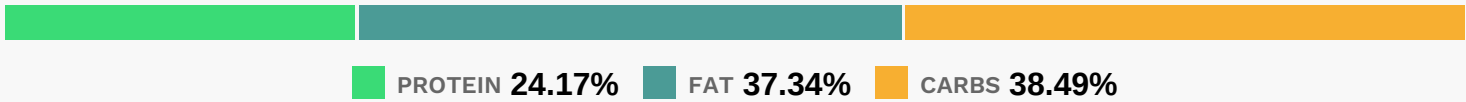
## Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring, until soft, 6 to 7 minutes.
- ☐ Add the cream cheese and milk and cook, stirring, until the cream cheese is melted. Squeeze any excess liquid out of the spinach, add the spinach to the sauce, and cook until the mixture is heated through and thickened, 3 to 4 minutes.
- ☐ Sprinkle with the nutmeg.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:19.199565255124%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 69.23kcal (3.46%), Fat: 3.2g (4.93%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.88g (3.2%), Cholesterol: 1.48mg (0.49%), Sodium: 276.1mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin K: 353.05µg (336.24%), Vitamin A: 11139.2IU (222.78%), Folate: 141.17µg (35.29%), Manganese: 0.7mg (35.05%), Vitamin E: 3.09mg (20.58%), Magnesium: 76.53mg (19.13%), Calcium: 164.49mg (16.45%), Vitamin B2: 0.26mg (15.21%), Fiber: 3.08g (12.32%), Potassium: 403mg (11.51%), Vitamin B6: 0.21mg (10.43%), Iron: 1.85mg (10.28%), Selenium: 6.45µg (9.22%), Phosphorus: 82.95mg (8.29%), Vitamin C: 6.71mg (8.14%), Vitamin B1: 0.12mg (7.69%), Copper: 0.15mg (7.3%), Zinc: 0.7mg (4.64%), Vitamin B12: 0.18µg (3%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.32µg (2.16%)