



WHATSheATe

Creamed Spinach

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 large garlic cloves minced
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 8 servings salt and ground pepper black
- ☐ 0.5 cup parmesan cheese grated
- ☐ 40 ounce boxes spinach frozen dry thawed chopped
- ☐ 1.5 cups milk whole

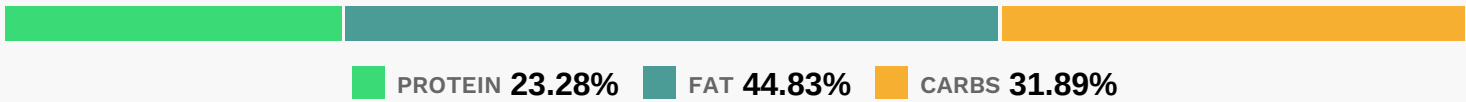
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ microwave
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Combine milk, spinach liquid and garlic in a 1-quart microwave-safe measuring cup or small bowl covered with a saucer, and microwave (or heat slowly in a medium saucepan) until very hot and steamy.
- ☐ Let stand for 5 to 10 minutes to soften garlic.
- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Whisk in flour.
- ☐ Add hot milk mixture all at once, then whisk until smooth. Stir in spinach; cook until sauce is thick and bubbly and spinach is tender but still green, about 5 minutes. Stir in cheese, nutmeg, and a generous sprinkling of salt and pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:27.474347892015%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 124.28kcal (6.21%), Fat: 6.69g (10.29%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 7.43g (2.7%), Sugar: 2.86g (3.17%), Cholesterol: 18.45mg (6.15%), Sodium: 261.53mg (11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Vitamin K: 685.32µg (652.69%), Vitamin A: 13508.09IU (270.16%), Folate: 280.76µg (70.19%), Manganese: 1.33mg (66.65%), Vitamin C: 40.19mg (48.71%), Magnesium: 121.03mg (30.26%), Calcium: 255.82mg (25.58%), Potassium: 881.2mg (25.18%), Iron: 4.03mg (22.41%), Vitamin B2: 0.37mg (21.72%), Vitamin E: 3.02mg (20.11%), Vitamin B6: 0.33mg (16.26%), Phosphorus: 161.31mg (16.13%), Fiber: 3.27g (13.08%), Vitamin B1: 0.16mg (10.86%), Copper: 0.2mg (9.86%), Zinc: 1.25mg (8.33%), Selenium: 5.63µg (8.04%), Vitamin B3: 1.26mg (6.29%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.53µg (3.56%), Vitamin B5: 0.31mg (3.07%)