



Creamed Spinach and Leeks

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups milk fat-free
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup leek thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce pkt spinach frozen dry thawed drained chopped

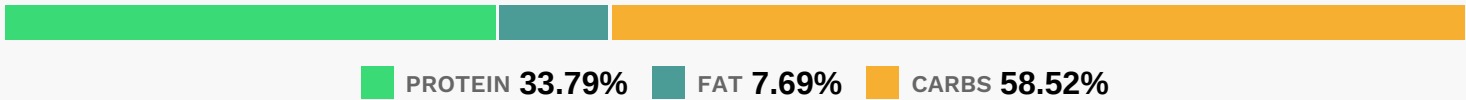
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine milk and flour, stirring well with a whisk.
- ☐ Heat a medium saucepan over medium–high heat. Coat pan with cooking spray.
- ☐ Add leek and garlic; saut 2 minutes or until tender.
- ☐ Add spinach, and saut 1 minute. Stir in milk mixture; cook 1 1/2 minutes or until slightly thick, stirring occasionally.
- ☐ Add cheese, salt, and pepper to spinach mixture in pan, stirring until smooth; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:40.45, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:20.643913144651%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.96kcal (3.35%), Fat: 0.63g (0.98%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.67g (5.19%), Cholesterol: 2.2mg (0.74%), Sodium: 215.59mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin K: 341.85µg (325.57%), Vitamin A: 10936.61IU (218.73%), Manganese: 0.73mg (36.61%), Folate: 142.88µg (35.72%), Calcium: 222.32mg (22.23%), Magnesium: 80.32mg (20.08%), Vitamin B2: 0.31mg (18.52%), Vitamin E: 2.72mg (18.11%), Potassium: 461.22mg (13.18%), Phosphorus: 130.64mg (13.06%), Vitamin B6: 0.24mg (11.78%), Fiber: 2.9g (11.61%), Selenium: 7.94µg (11.34%), Iron: 2.04mg (11.32%), Vitamin B1: 0.15mg (10.13%), Vitamin C: 6.43mg (7.8%), Copper: 0.15mg (7.55%), Vitamin B12: 0.43µg (7.1%), Zinc: 0.88mg (5.87%), Vitamin D: 0.81µg (5.39%), Vitamin B5: 0.38mg (3.79%), Vitamin B3: 0.72mg (3.62%)