



Creamed Spinach and Mushrooms

 Vegetarian

READY IN



19 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 4 teaspoons canola oil divided
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.8 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons garlic fresh minced
- ☐ 1 Dash nutmeg

- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

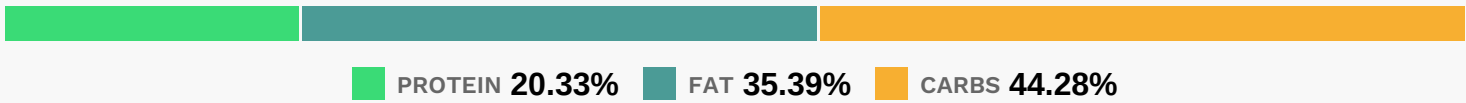
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil; swirl to coat.
- ☐ Add mushrooms; cook 6 minutes or until liquid evaporates.
- ☐ Remove mushrooms from pan.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add spinach; cook 1 minute or until spinach wilts.
- ☐ Remove from heat.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add remaining 1 teaspoon oil; swirl to coat.
- ☐ Add shallots and garlic; cook 1 minute, stirring constantly.
- ☐ Combine milk and flour, stirring with a whisk.
- ☐ Add milk mixture, salt, pepper, and nutmeg to pan; bring to a boil, stirring constantly. Cook 3 minutes or until thickened, stirring constantly.
- ☐ Add cheese; stir until cheese melts and the mixture is smooth.
- ☐ Add mushrooms and spinach to milk mixture, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:18.861739065336%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 69.76kcal (3.49%), Fat: 3.01g (4.63%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.67g (2.43%), Sugar: 3.49g (3.88%), Cholesterol: 0.92mg (0.31%), Sodium: 199.31mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin K: 230.38µg (219.41%), Vitamin A: 4494.27IU (89.89%), Manganese: 0.56mg (27.89%), Folate: 108.65µg (27.16%), Vitamin B2: 0.32mg (19.11%), Vitamin C: 14.65mg (17.75%), Selenium: 11.64µg (16.63%), Potassium: 535.1mg (15.29%), Copper: 0.27mg (13.52%), Magnesium: 48.14mg (12.04%), Phosphorus: 112.53mg (11.25%), Vitamin B6: 0.21mg (10.51%), Calcium: 101.63mg (10.16%), Vitamin B3: 1.92mg (9.62%), Vitamin E: 1.44mg (9.58%), Iron: 1.68mg (9.33%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.11mg (7.35%), Fiber: 1.8g (7.19%), Zinc: 0.88mg (5.88%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.37µg (2.5%)