



Creamed Spinach Casserole

READY IN



67 min.

SERVINGS



20

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces cream cheese at room temperature
- 1 large eggs beaten
- 3 large cloves garlic minced
- 0.3 teaspoon ground nutmeg
- 1.5 cups gruyere cheese shredded
- 1 cup milk
- 0.5 medium onion finely chopped
- 0.8 cup panko bread crumbs
- 0.3 cup parmesan grated

- 0.3 teaspoon pepper
- 1 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 30 oz pkt spinach frozen dry thawed chopped
- 2 tablespoons butter unsalted melted
- 2 teaspoons vegetable oil

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F. Grease a 9-inch square baking dish. In a medium skillet, warm oil over medium-high heat.
- Add onion and saut until tender, about 3 minutes.
- Add garlic and continue to cook, stirring, until soft and fragrant, about 2 minutes longer.
- In a large bowl, combine spinach, onion mixture, sour cream, cream cheese, milk, Gruyre, nutmeg, salt and pepper until thoroughly mixed. Stir in egg.
- Pour into baking dish.
- In a small bowl, combine panko and Parmesan.
- Add butter and mix well. Scatter panko mixture over spinach.
- Bake, uncovered, until light golden brown and set, about 40 minutes.

Nutrition Facts

 **PROTEIN 18.94%**  **FAT 65.84%**  **CARBS 15.22%**

Properties

Glycemic Index:12.55, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:15.753043537555%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 136.5kcal (6.82%), Fat: 10.29g (15.83%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.79g (1.99%), Cholesterol: 38.03mg (12.68%), Sodium: 284.83mg (12.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.66g (13.32%), Vitamin K: 159.95µg (152.33%), Vitamin A: 5306.31IU (106.13%), Calcium: 209.3mg (20.93%), Folate: 68.12µg (17.03%), Manganese: 0.34mg (17.02%), Phosphorus: 127.11mg (12.71%), Vitamin B2: 0.2mg (11.68%), Magnesium: 40.91mg (10.23%), Selenium: 6.84µg (9.77%), Vitamin E: 1.46mg (9.74%), Potassium: 210.92mg (6.03%), Zinc: 0.85mg (5.68%), Vitamin B6: 0.11mg (5.68%), Iron: 1.02mg (5.64%), Fiber: 1.4g (5.61%), Vitamin B1: 0.08mg (5.46%), Vitamin B12: 0.31µg (5.14%), Copper: 0.08mg (3.94%), Vitamin C: 2.79mg (3.38%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.42mg (2.08%), Vitamin D: 0.27µg (1.81%)