



Creamed Spinach from Oikos®

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- 0.8 cup chicken broth
- 2 tablespoons flour all-purpose
- 0.7 cup dannon oikos greek nonfat yogurt plain
- 6 servings salt to taste
- 12 ounce leaf spinach chopped
- 1 tablespoon butter sweet

Equipment

- sauce pan

whisk

Directions

In a 3-quart saucepan heat butter;

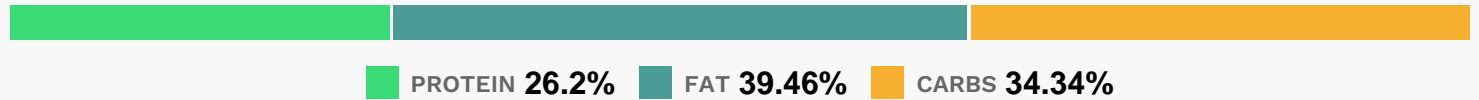
Add flour and cook 2–3 minutes to create a roux. Slowly whisk in chicken broth and blend until smooth (mixture will be thick). Bring to a boil.

Reduce heat to simmer, add spinach and heat through.

Add yogurt, salt, pepper and nutmeg and heat through.

Serve.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:16.849130402441%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 64.69kcal (3.23%), Fat: 3.01g (4.63%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.67g (1.85%), Cholesterol: 6.72mg (2.24%), Sodium: 177.15mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin K: 274.03µg (260.98%), Vitamin A: 5378.5IU (107.57%), Manganese: 0.6mg (29.96%), Folate: 117.72µg (29.43%), Vitamin C: 15.99mg (19.38%), Magnesium: 51.79mg (12.95%), Vitamin B2: 0.2mg (11.84%), Potassium: 363.24mg (10.38%), Iron: 1.75mg (9.72%), Calcium: 86.59mg (8.66%), Vitamin E: 1.22mg (8.14%), Fiber: 1.73g (6.92%), Phosphorus: 66.7mg (6.67%), Vitamin B6: 0.13mg (6.46%), Vitamin B1: 0.08mg (5.46%), Selenium: 3.79µg (5.41%), Copper: 0.11mg (5.3%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.13mg (1.27%)