



Creamed Spinach Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounces cream cheese at room temperature
- ☐ 50 ounce pkt spinach frozen thawed
- ☐ 1 clove garlic halved
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 5 shallots thinly sliced

- ☐ 1 cup swiss cheese grated
- ☐ 2 tablespoons butter unsalted plus more for the dish
- ☐ 1 cup milk whole

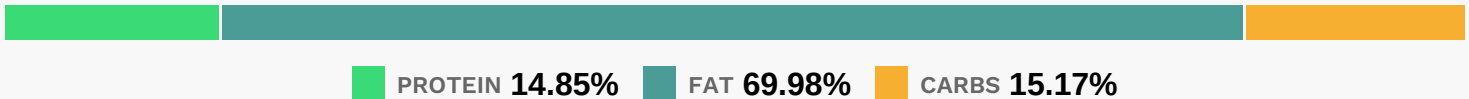
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375 F. Rub the sides and bottom of a buttered 8-inch baking dish with the garlic; discard garlic.In a skillet, over medium heat, melt the butter.
- ☐ Add the shallots and cook until softened, 5 to 7 minutes.Squeeze the spinach to remove any excess liquid. In a large bowl, combine the spinach, cream cheese, heavy cream, milk, Gruyre or Swiss cheese, salt, pepper, nutmeg, and shallots.
- ☐ Transfer to dish.
- ☐ Bake, uncovered, until bubbling and lightly golden, about 25 minutes.Make Ahead: Assemble the gratin in advance, and refrigerate it overnight. Allow an extra 30 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:30.987825891246%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 361.64kcal (18.08%), Fat: 29.61g (45.56%), Saturated Fat: 17.53g (109.58%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.86g (6.51%), Cholesterol: 85.99mg (28.66%), Sodium: 557.81mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.27%), Vitamin K: 661.54µg (630.03%),

Vitamin A: 21845.24IU (436.9%), Folate: 267.51µg (66.88%), Manganese: 1.33mg (66.43%), Calcium: 441.86mg (44.19%), Vitamin E: 5.84mg (38.94%), Magnesium: 149.76mg (37.44%), Vitamin B2: 0.61mg (35.65%), Selenium: 18.89µg (26.99%), Phosphorus: 254.22mg (25.42%), Fiber: 5.73g (22.92%), Potassium: 791.2mg (22.61%), Vitamin B6: 0.42mg (20.93%), Iron: 3.64mg (20.24%), Copper: 0.29mg (14.5%), Vitamin B1: 0.21mg (13.93%), Vitamin C: 11.3mg (13.69%), Zinc: 2mg (13.32%), Vitamin B12: 0.69µg (11.47%), Vitamin B5: 0.63mg (6.29%), Vitamin D: 0.86µg (5.76%), Vitamin B3: 1.02mg (5.12%)