



## Creamed Spinach Gratin

READY IN



20 min.

SERVINGS



12

CALORIES



258 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs fresh
- ☐ 0.5 teaspoon butter
- ☐ 50 oz pkt spinach frozen chopped
- ☐ 2.5 cups heavy whipping cream
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt

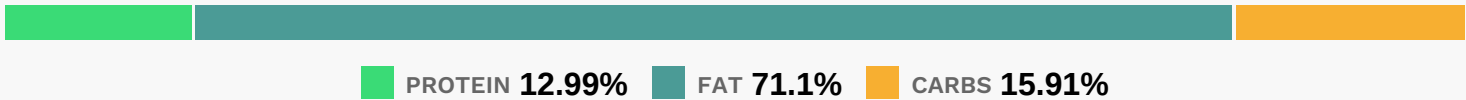
# Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ kitchen towels

# Directions

- ☐ Butter a shallow 1 1/2- to 2-quart baking dish. Squeeze out as much water as possible from the spinach (use your hands or a clean kitchen towel). Set aside.
- ☐ Heat spinach and cream in a large saucepan over medium-high heat. Reduce heat to low and stir in cheese to melt. Stir in salt, pepper, and nutmeg. Adjust seasoning to taste.
- ☐ Transfer spinach mixture to buttered baking dish and sprinkle with bread crumbs. Just before serving, place dish in the oven 5 to 6 in. below a broiler set to high; broil until top is golden and crunchy, about 3 minutes.

# Nutrition Facts



# Properties

Glycemic Index:12.67, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:23.095651916836%

# Nutrients (% of daily need)

Calories: 257.84kcal (12.89%), Fat: 21.35g (32.84%), Saturated Fat: 12.93g (80.8%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 7.08g (2.58%), Sugar: 2.52g (2.81%), Cholesterol: 63.73mg (21.24%), Sodium: 377.84mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin K: 441.59µg (420.57%), Vitamin A: 14657.81IU (293.16%), Manganese: 0.89mg (44.69%), Folate: 178.66µg (44.67%), Calcium: 267.64mg (26.76%), Vitamin E: 3.93mg (26.22%), Magnesium: 97.22mg (24.3%), Vitamin B2: 0.41mg (23.82%), Selenium: 12.63µg (18.05%), Phosphorus: 147.26mg (14.73%), Fiber: 3.67g (14.67%), Iron: 2.55mg (14.16%), Potassium: 481.43mg (13.76%), Vitamin B6: 0.23mg (11.66%), Vitamin B1: 0.17mg (11.14%), Copper: 0.19mg (9.62%), Vitamin C: 6.8mg (8.24%), Zinc: 1.21mg (8.07%), Vitamin D: 0.83µg (5.57%), Vitamin B3: 0.94mg (4.69%), Vitamin B12: 0.21µg (3.47%), Vitamin B5: 0.29mg (2.91%)