



Creamed Spinach I



Vegetarian



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon onion dried minced
- ☐ 0.5 cup evaporated milk
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup onion minced

Equipment

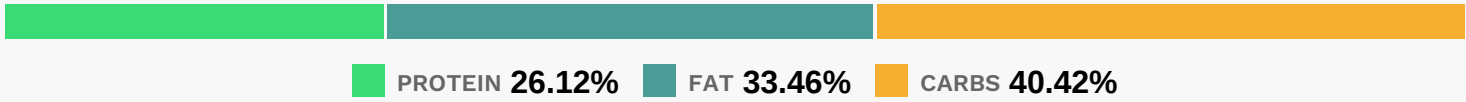
- ☐ food processor
- ☐ sauce pan

blender

Directions

- In a blender or food processor, blend spinach and milk until smooth.
- Add garlic powder, dried onion and fresh onion and mix well.
- Pour into medium saucepan and cook over medium heat until thickened, about 3 minutes.
Reduce heat to low and simmer for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:17.307391219165%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 69.39kcal (3.47%), Fat: 2.8g (4.31%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.32g (1.94%), Sugar: 4.17g (4.64%), Cholesterol: 9.14mg (3.05%), Sodium: 86.53mg (3.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin K: 263.89µg (251.33%), Vitamin A: 8386.2IU (167.72%), Folate: 107.87µg (26.97%), Manganese: 0.52mg (26.08%), Calcium: 177.03mg (17.7%), Magnesium: 62.29mg (15.57%), Vitamin B2: 0.26mg (15.4%), Vitamin E: 2.11mg (14.07%), Potassium: 364.74mg (10.42%), Phosphorus: 104.06mg (10.41%), Fiber: 2.29g (9.15%), Vitamin B6: 0.16mg (8.04%), Iron: 1.45mg (8.04%), Selenium: 5.13µg (7.33%), Vitamin C: 5.47mg (6.63%), Vitamin B1: 0.09mg (5.95%), Copper: 0.11mg (5.71%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.29mg (2.87%), Vitamin B3: 0.44mg (2.19%)