



Creamed Spinach Phyllo Cups

READY IN



29 min.

SERVINGS



10

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce baby spinach
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.5 ounce parmesan shaved
- ☐ 30 athens phyllo shells mini (such as Athens)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons whipping cream

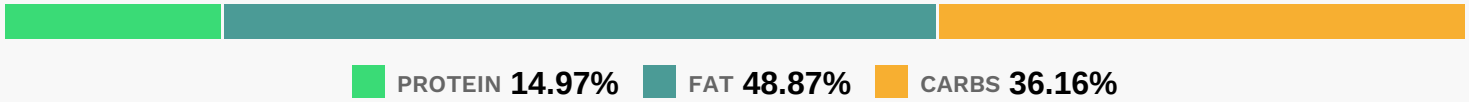
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Arrange phyllo shells in a single layer on a foil-lined baking sheet. Lightly coat shells with cooking spray.
- ☐ Bake at 425 for 4 minutes or until lightly browned and very crisp.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add garlic; cook 1 minute or until fragrant but not browned, stirring frequently. Coarsely chop 1 bag of spinach.
- ☐ Add chopped spinach to pan; cook 2 minutes or until spinach wilts, tossing frequently. Chop remaining spinach; add to wilted spinach in pan. Cook 2 minutes or until spinach wilts, tossing frequently.
- ☐ Sprinkle spinach mixture with salt; toss well. Stir in cream and cream cheese; cook 1 minute or until cheese melts and sauce is thoroughly heated.
- ☐ Remove pan from heat.
- ☐ Spoon about 1 tablespoon spinach mixture into each shell. Top evenly with Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:11.406956549572%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 73.29kcal (3.66%), Fat: 4.44g (6.84%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.64g (2.41%), Sugar: 0.25g (0.28%), Cholesterol: 4.35mg (1.45%), Sodium: 130.47mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin K: 165.44µg (157.56%), Vitamin A: 3245.23IU (64.9%), Folate: 66.23µg (16.56%), Manganese: 0.32mg (15.78%), Vitamin C: 9.76mg (11.84%), Magnesium: 27.86mg (6.97%), Vitamin E: 0.97mg (6.45%), Potassium: 196.4mg (5.61%), Calcium: 53.56mg (5.36%), Iron: 0.95mg (5.26%), Vitamin B2: 0.08mg (4.43%), Vitamin B6: 0.08mg (3.81%), Fiber: 0.76g (3.04%), Phosphorus: 29.16mg (2.92%), Copper: 0.05mg (2.34%), Vitamin B1: 0.03mg (1.93%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.26mg (1.28%), Selenium: 0.83µg (1.19%)