



 **61%**
HEALTH SCORE

Creamed Spinach with Crispy Shallots

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 0.5 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 6 servings kosher salt and pepper black freshly ground
- 1 pinch nutmeg freshly grated
- 2 large shallots thinly sliced
- 3 pound pkt spinach fresh
- 3 tablespoons butter unsalted
- 6 servings vegetable oil for frying

- 2.3 cups milk whole

Equipment

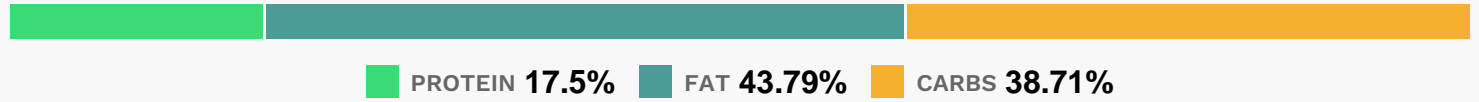
- bowl
- paper towels
- sauce pan
- whisk
- pot
- sieve
- kitchen thermometer
- slotted spoon
- colander

Directions

- To prepare the shallots: Fill a deep saucepan with about 2 inches of vegetable oil.
- Heat over medium heat until a deep-fat thermometer reads 360 degrees. (Alternatively, use an electric deep-fat fryer). Toss the shallots with the flour in a large bowl, to coat.
- Transfer to a strainer and shake to remove the excess flour.
- Add the shallots to the hot oil and cook until golden brown, about 2 minutes.
- Remove the shallots with a slotted spoon, drain on paper towels, and sprinkle with salt and pepper.
- Wash the spinach in several changes of cold water.
- Drain in a colander and pile into a large non-reactive pot.
- Place the pot over medium heat and cook, stirring, until just wilted, about 3 minutes. (The spinach will steam and cook in the water clinging to its leaves.)
- Drain and rinse under cold running water. Use your hands to squeeze out the water.
- Transfer to a work surface and coarsely chop. Melt the butter in a small saucepan over medium heat.
- Add the flour and cook, stirring, for 2 minutes.

- Pour in the milk, whisking constantly, and increase the heat to medium-high. Bring to a simmer, stirring often, and cook until thick and smooth, 3 to 5 minutes. Season with nutmeg, salt, and pepper. Stir in the spinach just before serving and warm through under low heat, about 3 minutes.
- Serve the spinach hot, garnished with the fried shallots.

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:38.368260798247%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 240.7kcal (12.03%), Fat: 12.5g (19.23%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 19.17g (6.97%), Sugar: 6.1g (6.78%), Cholesterol: 26.03mg (8.68%), Sodium: 216.04mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin K: 1101.61µg (1049.15%), Vitamin A: 21590.89IU (431.82%), Folate: 469.1µg (117.27%), Manganese: 2.18mg (108.84%), Vitamin C: 64.4mg (78.06%), Magnesium: 195.63mg (48.91%), Potassium: 1449.36mg (41.41%), Iron: 6.92mg (38.45%), Vitamin B2: 0.63mg (37.01%), Calcium: 344.71mg (34.47%), Vitamin E: 5.05mg (33.69%), Vitamin B6: 0.53mg (26.69%), Vitamin B1: 0.35mg (23.03%), Fiber: 5.7g (22.79%), Phosphorus: 226.04mg (22.6%), Copper: 0.33mg (16.38%), Vitamin B3: 2.6mg (12.99%), Selenium: 8.99µg (12.84%), Zinc: 1.72mg (11.47%), Vitamin B12: 0.51µg (8.43%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.58mg (5.84%)