



Creamed Spinach with Jalapenos

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs
- 0.3 cup butter divided
- 0.5 teaspoon celery salt
- 0.3 cup evaporated milk fat-free
- 1 tablespoon flour all-purpose
- 10 ounce pkt spinach frozen
- 1 clove garlic pressed
- 4 servings ground pepper black to taste

- 1 jalapeno fresh minced
- 2 tablespoons onion minced
- 0.7 cup pepper jack cheese shredded

Equipment

- bowl
- sauce pan
- oven
- casserole dish
- microwave

Directions

- Preheat oven to 300 degrees F (150 degrees C). Butter a small casserole dish.
- Place the spinach in a microwave-safe bowl, and cook in the microwave 5 minutes on High, until heated through.
- Drain, reserving 1/2 cup liquid.
- Melt 2 tablespoons butter in a small saucepan over medium heat, and stir in the bread crumbs until coated.
- Remove from heat, and set aside.
- Melt remaining 2 tablespoons butter in a medium saucepan over medium heat. Stir in flour.
- Mix in onion and garlic, and cook 1 minute. Gradually stir in reserved spinach liquid, evaporated milk, cheese, and jalapeno. Season with celery salt and pepper.
- Mix in the spinach.
- Transfer to the prepared casserole dish, and top with bread crumbs.
- Bake 45 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts

 PROTEIN 14.84%  FAT 66.66%  CARBS 18.5%

Properties

Glycemic Index:68.25, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:20.208260862724%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 251.66kcal (12.58%), Fat: 19.21g (29.55%), Saturated Fat: 11.73g (73.33%), Carbohydrates: 12g (4%), Net Carbohydrates: 9.36g (3.41%), Sugar: 2.93g (3.26%), Cholesterol: 51.83mg (17.28%), Sodium: 613.95mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Vitamin K: 266.5µg (253.81%), Vitamin A: 8886.12IU (177.72%), Manganese: 0.61mg (30.63%), Folate: 120.43µg (30.11%), Calcium: 292.62mg (29.26%), Vitamin B2: 0.33mg (19.3%), Vitamin E: 2.59mg (17.29%), Phosphorus: 170.55mg (17.06%), Magnesium: 67.01mg (16.75%), Selenium: 9.98µg (14.25%), Iron: 1.97mg (10.92%), Vitamin B1: 0.16mg (10.86%), Vitamin C: 8.95mg (10.85%), Fiber: 2.63g (10.54%), Potassium: 347.22mg (9.92%), Vitamin B6: 0.18mg (9.22%), Zinc: 1.23mg (8.21%), Copper: 0.14mg (6.89%), Vitamin B3: 1.03mg (5.14%), Vitamin B12: 0.23µg (3.82%), Vitamin B5: 0.29mg (2.91%)