



## Dairy-Free Creamed Spinach Parmesan Cups



Dairy Free



Popular

READY IN



35 min.

SERVINGS



24

CALORIES



120 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons coconut oil
- ☐ 0.5 cup so delicious dairy free coconut milk "creamer barista style
- ☐ 20 ounces pkt spinach frozen chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon nutmeg
- ☐ 24 servings pie and pastry crust dough gluten free refrigerated
- ☐ 0.8 teaspoon salt

☐ 0.5 cup shallots finely chopped

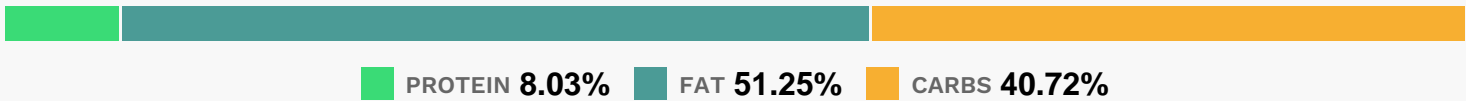
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

## Directions

- ☐ Make crust in advance.
- ☐ Heat your oven to 425°F. Knead dough until softened and no longer crumbly. Press 1 rounded teaspoonful dough in bottom and up side of each of 24 ungreased mini muffin cups, extending dough 1/4 inch above edge of cup.
- ☐ Bake 16 to 18 minutes or until puffed and golden brown. Take out and put to the side to cool
- ☐ Put coconut oil in medium saute pan over medium-high heat.
- ☐ Add the shallots and garlic and cook, stirring, until soft and fragrant, about 2 minutes.
- ☐ Add the So Delicious creamer, salt, pepper, and nutmeg, and cook until the cream is reduced by half, about 4 minutes then add Parma, after thoroughly mixed add in frozen spinach.
- ☐ Remove from heat. Spoon into the cool pastry cups. After spooned in, you warm just before serving

## Nutrition Facts



## Properties

Glycemic Index:9.06, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:10.287826154543%

## Nutrients (% of daily need)

Calories: 119.84kcal (5.99%), Fat: 6.94g (10.68%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11g (4%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 180.15mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 89.55µg (85.29%), Vitamin A: 2790.21IU (55.8%), Manganese: 0.28mg (14.14%), Folate: 52.41µg (13.1%), Vitamin E: 0.91mg (6.07%), Iron: 1.09mg (6.06%), Vitamin B2: 0.1mg (5.88%), Vitamin B1: 0.09mg (5.8%), Fiber: 1.41g (5.65%), Magnesium: 22.08mg (5.52%), Calcium: 43.73mg

(4.37%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.08mg (4.07%), Selenium: 2.82µg (4.03%), Potassium: 126.89mg (3.63%), Copper: 0.06mg (3.08%), Phosphorus: 30.13mg (3.01%), Vitamin C: 2.09mg (2.53%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.12mg (1.24%)