



Delicious Creamy Spinach

READY IN



35 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby spinach fresh
- ☐ 0.3 cup butter
- ☐ 0.3 cup bread crumbs dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup romano cheese grated
- ☐ 2 small shallots diced finely

☐ 1.3 cups milk whole

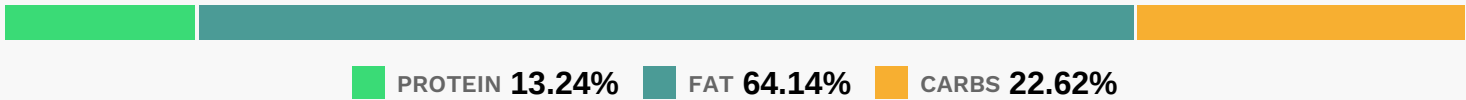
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Bring about 1 inch of lightly salted water to a boil in a skillet; cook spinach in 2 batches until wilted, 1 to 2 minutes.
- ☐ Drain and rinse spinach under cold water until cool; squeeze small handfuls to remove moisture and coarsely chop.
- ☐ Heat milk and heavy cream in a saucepan over medium heat, stirring occasionally, until warm.
- ☐ Meanwhile, melt butter in a large saucepan over medium-low heat; cook and stir shallots until softened, about 5 minutes. Stir in flour and cook for about 3 minutes; add warm milk and cream mixture, whisking constantly. Simmer and whisk until thickened, 3 to 4 more minutes. Stir in spinach and nutmeg; season with salt and black pepper.
- ☐ Transfer spinach mixture to a baking dish.
- ☐ Sprinkle with Romano cheese and bread crumbs.
- ☐ Broil in preheated oven until just browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:38.274782636891%

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: 344.67kcal (17.23%), Fat: 25.94g (39.91%), Saturated Fat: 15.86g (99.14%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 14.95g (5.44%), Sugar: 5.55g (6.17%), Cholesterol: 75.59mg (25.2%), Sodium: 354.08mg (15.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.09%), Vitamin K: 1098.14µg (1045.85%), Vitamin A: 22186.71IU (443.73%), Folate: 459.38µg (114.84%), Manganese: 2.15mg (107.64%), Vitamin C: 64.64mg (78.35%), Magnesium: 195.02mg (48.76%), Potassium: 1429.01mg (40.83%), Iron: 6.79mg (37.72%), Vitamin B2: 0.64mg (37.51%), Calcium: 372.46mg (37.25%), Vitamin E: 5.23mg (34.9%), Vitamin B6: 0.53mg (26.39%), Phosphorus: 237.71mg (23.77%), Fiber: 5.63g (22.53%), Vitamin B1: 0.31mg (20.33%), Copper: 0.33mg (16.45%), Vitamin B3: 2.35mg (11.76%), Zinc: 1.76mg (11.73%), Selenium: 8.13µg (11.61%), Vitamin D: 1.21µg (8.1%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.54mg (5.39%)