



Easy Cheesy Spinach

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 4 servings kosher salt and ground pepper white
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 20 ounce pkt spinach frozen dry thawed
- ☐ 2 tablespoons butter unsalted
- ☐ 1 medium onion white finely chopped

Equipment

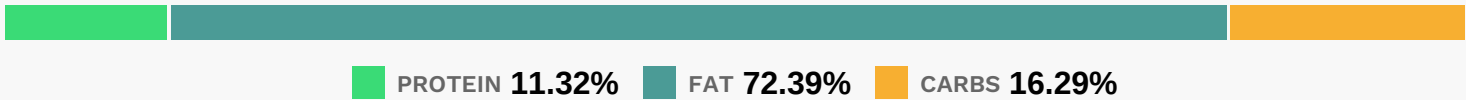
- ☐ frying pan

☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the butter in a 12-inch saute pan over moderate heat.
- ☐ Add the onions and cook until soft, about 8 minutes.
- ☐ Whisk in the cream cheese and let melt. Fold in the spinach until evenly combined.
- ☐ Add up to 3 tablespoons water if the mixture seems too dry.
- ☐ Sprinkle the nutmeg on top and season with salt and pepper.
- ☐ BYOC: Lemon zest and juice would bring a little bit of sunshine to this dish. Just add with the salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:25.43478256464%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 309.29kcal (15.46%), Fat: 26.24g (40.37%), Saturated Fat: 15.26g (95.38%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.37g (4.85%), Cholesterol: 72.32mg (24.11%), Sodium: 284.98mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin K: 529.09µg (503.9%), Vitamin A: 17558.79IU (351.18%), Manganese: 1.14mg (57.02%), Folate: 216.65µg (54.16%), Vitamin E: 4.77mg (31.77%), Magnesium: 117.02mg (29.25%), Vitamin B2: 0.46mg (27.09%), Calcium: 252.08mg (25.21%), Fiber: 5.21g (20.82%), Selenium: 13.66µg (19.51%), Potassium: 610.33mg (17.44%), Iron: 3.1mg (17.23%), Vitamin B6: 0.31mg (15.58%), Phosphorus: 144.36mg (14.44%), Copper: 0.25mg (12.48%), Vitamin C: 10.27mg (12.44%), Vitamin B1: 0.16mg (10.76%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.82mg (4.08%), Vitamin B12: 0.14µg (2.28%)