



Easy Creamy Spinach



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 18 oz pkt spinach frozen thawed chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup onions frozen thawed chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 oz spreadable swiss cheese

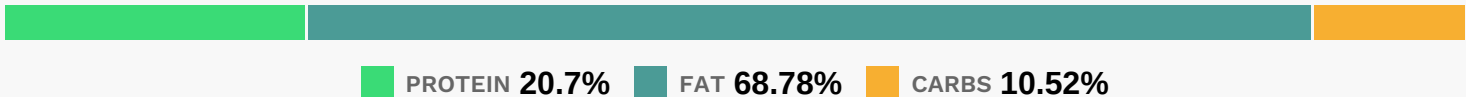
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Drain thawed chopped spinach and thawed chopped onions well, pressing between paper towels.
- ☐ Melt butter in a large skillet over medium heat; add spinach, onions, and minced garlic, and cook, stirring often, 3 minutes or until tender. Stir in spreadable Swiss cheese and next 3 ingredients until smooth (about 4 minutes).
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used The Laughing Cow Original Creamy Swiss Flavor
- ☐ Spreadable Cheese Wedges.
- ☐ Easy Creamy Collards: Substitute 1 (16-oz.) bag frozen chopped collard greens, thawed, for frozen spinach, and 1/2 cup milk for sour cream. Increase initial cook time to 8 minutes or until collards are cooked to desired degree of tenderness. Prepare recipe as directed, stirring in 2 tsp. sugar with cheese.
- ☐ Note: For testing purposes only, we used Pictsweet All Natural Chopped Collard Greens.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:21.475652020911%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 211.32kcal (10.57%), Fat: 16.79g (25.83%), Saturated Fat: 9.53g (59.59%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.5g (1.66%), Cholesterol: 47.71mg (15.9%), Sodium: 345.51mg (15.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin K: 317.7µg (302.57%), Vitamin A: 10445.21IU (208.9%), Calcium: 385.8mg (38.58%), Folate: 128.47µg (32.12%), Manganese: 0.64mg (32.05%), Phosphorus: 223.05mg (22.3%), Selenium: 14.51µg (20.72%), Magnesium: 76.23mg (19.06%), Vitamin E: 2.82mg (18.81%), Vitamin B2: 0.31mg (18.4%), Vitamin B12: 0.9µg (15.07%), Zinc: 1.8mg (12.01%), Fiber: 2.63g (10.53%), Potassium: 353.47mg (10.1%), Iron: 1.7mg (9.44%), Vitamin B6: 0.19mg (9.44%), Copper: 0.15mg (7.29%), Vitamin C: 5.5mg (6.67%), Vitamin B1: 0.09mg (6.09%), Vitamin B5: 0.28mg (2.85%), Vitamin B3: 0.48mg (2.41%)