



Fast and Easy Creamed Spinach



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 teaspoon lemon zest freshly grated
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 teaspoons olive oil
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 2 tablespoons shallots minced

☐ 32 ounce pkt spinach fresh

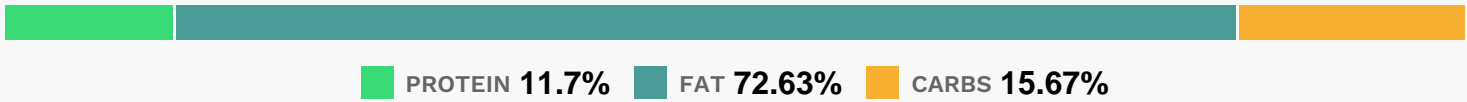
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Pour olive oil into a large soup pot, place over high heat, add spinach, and cover. Cook for 1 minute, uncover, and lightly stir until most of the leaves are bright green and wilted, about 2 minutes. Quickly drain spinach in a strainer and transfer to a plate lined with 4 or 5 paper towels. Once cool enough to handle, squeeze as much liquid from the spinach as possible.
- ☐ Transfer spinach to a cutting board and coarsely chop.
- ☐ Mix salt, black pepper, cayenne pepper, and nutmeg in a small bowl.
- ☐ Place a large skillet over medium heat, melt butter in skillet, and stir shallot in the hot butter until just barely golden and translucent, 3 to 4 minutes. Stir seasoning mixture into shallot mixture and pour in cream. Raise heat to medium-high and reduce cream sauce to about half, about 5 minutes. Stir in lemon zest.
- ☐ Reduce heat to low and toss spinach with cream sauce in skillet. Cook and stir until spinach is heated through and coated, about 2 minutes. Stir Parmigiano-Reggiano cheese into spinach until thoroughly combined; serve immediately.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:26.77739137152%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 168.18kcal (8.41%), Fat: 14.63g (22.5%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.83g (2.03%), Cholesterol: 38.63mg (12.88%), Sodium: 142.98mg (6.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin K: 732.41µg (697.53%), Vitamin A: 14681.37IU (293.63%), Folate: 295.92µg (73.98%), Manganese: 1.38mg (69.21%), Vitamin C: 43.38mg (52.58%), Magnesium: 122.83mg (30.71%), Potassium: 886.43mg (25.33%), Vitamin E: 3.6mg (23.98%), Iron: 4.19mg (23.3%), Vitamin B2: 0.34mg (20.23%), Calcium: 172.35mg (17.23%), Vitamin B6: 0.32mg (15.92%), Fiber: 3.53g (14.13%), Copper: 0.21mg (10.31%), Phosphorus: 94.5mg (9.45%), Vitamin B1: 0.13mg (8.46%), Zinc: 0.89mg (5.96%), Vitamin B3: 1.13mg (5.64%), Selenium: 2.48µg (3.54%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.19mg (1.89%)