



Gina's Spicy Creamed Spinach

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cloves garlic chopped
- ☐ 0.8 cup heavy whipping cream
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 shallots chopped
- ☐ 3 bunches pkt spinach fresh washed well

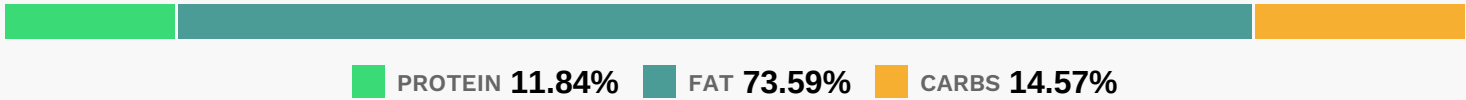
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ kitchen towels
- ☐ colander
- ☐ cutting board

Directions

- ☐ Bring a pot of salted water to a boil over high heat.
- ☐ Add the spinach and simmer for 2 minutes.
- ☐ Drain the spinach in a colander. Press down on the spinach with a clean kitchen towel to release all of the liquid.
- ☐ Remove to a cutting board and roughly chop.
- ☐ Heat a large saute pan, over medium-high heat and add the butter and olive oil. When the butter has melted, add the shallots and garlic and saute until fragrant and tender. Stir in the red pepper flakes and spinach.
- ☐ Sprinkle with salt and pepper, to taste.
- ☐ Saute briefly, then add the heavy cream, nutmeg and Parmesan. Reduce the spinach mixture until it has thickened, about 2 minutes.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:39.062173915946%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Kaempferol: 16.27mg, Kaempferol: 16.27mg, Kaempferol: 16.27mg, Kaempferol: 16.27mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 362.32kcal (18.12%), Fat: 31.58g (48.58%), Saturated Fat: 16.07g (100.44%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 7.7g (2.8%), Sugar: 3.52g (3.92%), Cholesterol: 69.73mg (23.24%), Sodium: 373mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.43g (22.86%), Vitamin K: 1238.98µg (1179.98%), Vitamin A: 25014.83IU (500.3%), Folate: 501.77µg (125.44%), Manganese: 2.39mg (119.61%), Vitamin C: 73.63mg (89.25%), Magnesium: 212.17mg (53.04%), Vitamin E: 7.07mg (47.1%), Potassium: 1539.96mg (44%), Iron: 7.38mg (40.99%), Calcium: 369.5mg (36.95%), Vitamin B2: 0.6mg (35.37%), Vitamin B6: 0.61mg (30.3%), Fiber: 6.37g (25.48%), Phosphorus: 209.5mg (20.95%), Copper: 0.37mg (18.31%), Vitamin B1: 0.22mg (15%), Zinc: 1.75mg (11.66%), Vitamin B3: 2.03mg (10.13%), Selenium: 5.99µg (8.56%), Vitamin D: 0.75µg (4.97%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.16µg (2.64%)