



Individual Spinach-Asiago Gratins

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce asiago cheese fresh grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 Dash ground nutmeg
- ☐ 1 cup milk 1% low-fat

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach fresh coarsely chopped
- ☐ 0.5 cup walla walla sweet finely chopped
- ☐ 1 ounce bread white

Equipment

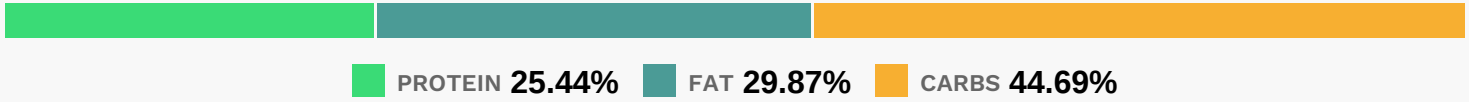
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add butter; swirl pan until butter melts.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add half of the spinach; cook 2 minutes or until spinach begins to wilt, stirring frequently.
- ☐ Add remaining half of spinach; cook 2 minutes or until spinach wilts, stirring frequently.
- ☐ Remove pan from heat.
- ☐ Place flour in a small bowl; gradually add milk, stirring with a whisk. Stir flour mixture into spinach mixture; add salt, pepper, and nutmeg. Cook over medium-high heat 3 minutes or until thick and bubbly, stirring constantly.
- ☐ Remove from heat.
- ☐ Add cheese, stirring until cheese melts. Divide mixture evenly among 4 (4-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Place ramekins on a baking sheet.

- ☐
- Place bread in a food processor; process until coarse crumbs measure 1/2 cup.
- ☐
- Add parsley; pulse 3 times or until combined.
- ☐
- Sprinkle about 2 tablespoons breadcrumb mixture over each serving. Broil 1 minute or until browned.

Nutrition Facts



Properties

Glycemic Index:105.69, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:21.572173927141%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 118.41kcal (5.92%), Fat: 4.09g (6.29%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 11.64g (4.23%), Sugar: 4.77g (5.3%), Cholesterol: 10.46mg (3.49%), Sodium: 382.26mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Vitamin K: 359.3µg (342.19%), Vitamin A: 6933.65IU (138.67%), Folate: 158.6µg (39.65%), Manganese: 0.77mg (38.28%), Vitamin C: 22.68mg (27.49%), Calcium: 253.29mg (25.33%), Magnesium: 72.1mg (18.02%), Phosphorus: 165.04mg (16.5%), Vitamin B2: 0.28mg (16.38%), Potassium: 545.33mg (15.58%), Iron: 2.51mg (13.93%), Vitamin B6: 0.23mg (11.71%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 1.53mg (10.18%), Selenium: 6.48µg (9.25%), Fiber: 2.13g (8.51%), Vitamin B12: 0.45µg (7.45%), Copper: 0.13mg (6.47%), Zinc: 0.97mg (6.46%), Vitamin B3: 1.16mg (5.79%), Vitamin D: 0.68µg (4.56%), Vitamin B5: 0.38mg (3.77%)