



Parmesan Creamed Spinach

READY IN



20 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- 2 tablespoons flour all-purpose
- 20 ounce pkt spinach frozen thawed drained chopped
- 6 servings kosher salt and pepper black freshly ground
- 2 cups milk
- 0.3 cup parmesan grated
- 0.5 teaspoon pumpkin pie spice
- 2 tablespoons butter unsalted

Equipment

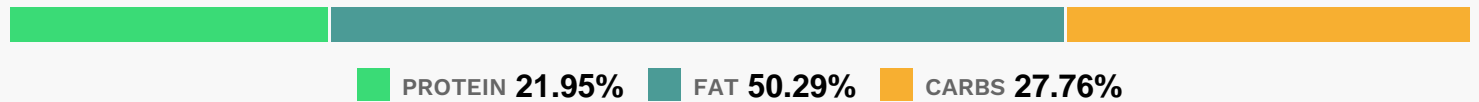
sauce pan

whisk

Directions

- In a small saucepan over medium heat, warm the milk. In a medium saucepan over medium heat, melt the butter.
- Whisk the flour into the butter and cook for 2 minutes to make a roux.
- Whisk in the warm milk a bit at a time to avoid lumps. Cook until the sauce begins to thicken, 2 to 3 minutes.
- Add the pumpkin pie spice and a pinch of salt and pepper. Turn the heat to low, stir in the cheese, and let melt. Stir in the spinach and cook for another 2 to 3 minutes to heat it through. (Save 1 cup for Round 2 Recipe Spinach and Cheese Souffle).

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:21.271739130435%

Nutrients (% of daily need)

Calories: 135.92kcal (6.8%), Fat: 8.05g (12.39%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.58g (5.09%), Cholesterol: 22.63mg (7.54%), Sodium: 168.26mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin K: 352.39µg (335.61%), Vitamin A: 11362.79IU (227.26%), Manganese: 0.73mg (36.29%), Folate: 142.09µg (35.52%), Calcium: 274.35mg (27.44%), Magnesium: 83.51mg (20.88%), Vitamin B2: 0.35mg (20.71%), Vitamin E: 2.9mg (19.36%), Phosphorus: 161.54mg (16.15%), Potassium: 459.03mg (13.12%), Selenium: 9.07µg (12.95%), Fiber: 2.86g (11.43%), Iron: 1.98mg (11%), Vitamin B6: 0.22mg (10.91%), Vitamin B1: 0.16mg (10.41%), Vitamin B12: 0.5µg (8.29%), Copper: 0.14mg (7.24%), Zinc: 1mg (6.69%), Vitamin D: 0.99µg (6.57%), Vitamin C: 5.24mg (6.35%), Vitamin B5: 0.43mg (4.29%), Vitamin B3: 0.73mg (3.65%)