



Quick and Easy Creamed Bacon Spinach

READY IN



35 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon cut into 1 inch pieces
- ☐ 2.7 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup half-and-half
- ☐ 2.5 cups milk
- ☐ 1.5 teaspoons salt
- ☐ 30 ounce spinach – frozen dry thawed drained chopped

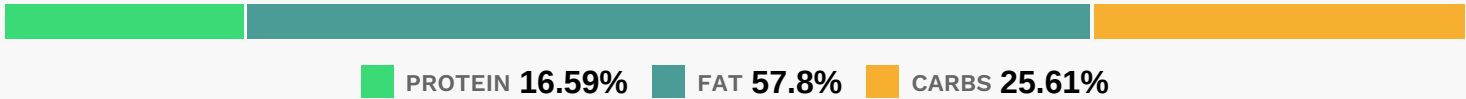
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat butter in a large skillet over medium heat. Cook and stir onion, bacon, and garlic until bacon is crisp, 5 to 7 minutes.
- ☐ Whisk flour, salt, and black pepper into onion mixture until blended and the flour and drippings form a paste, 1 to 2 minutes.
- ☐ Slowly whisk milk into onion mixture. Bring to a boil, continuously whisking, until sauce is thick and creamy, 3 to 5 minutes.
- ☐ Stir spinach and half-and-half into sauce; cook until spinach is heated through, 4 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:28.797825999882%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 304.49kcal (15.22%), Fat: 20.27g (31.18%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 15.77g (5.73%), Sugar: 6.69g (7.43%), Cholesterol: 47.16mg (15.72%), Sodium: 923.24mg (40.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Vitamin K: 528.49µg (503.32%), Vitamin A: 17021.59IU (340.43%), Folate: 225.43µg (56.36%), Manganese: 1.1mg (55.22%), Calcium: 336.18mg (33.62%), Vitamin B2: 0.57mg (33.5%), Magnesium: 125.99mg (31.5%), Vitamin E: 4.46mg (29.73%), Selenium: 19.24µg (27.49%), Phosphorus: 237.38mg (23.74%), Vitamin B1: 0.34mg (22.74%), Potassium: 731mg (20.89%), Vitamin B6: 0.39mg (19.59%), Iron: 3.29mg (18.3%), Fiber: 4.43g (17.74%), Vitamin B12: 0.71µg (11.8%), Copper: 0.24mg (11.79%), Vitamin B3: 2.36mg (11.79%), Zinc: 1.64mg (10.94%), Vitamin C: 8.29mg (10.05%), Vitamin D: 1.21µg (8.04%), Vitamin B5: 0.75mg (7.52%)