



Savory Spinach-Gorgonzola Custards

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 large eggs
- ☐ 0.5 cup egg substitute
- ☐ 0.5 cup spinach frozen thawed chopped
- ☐ 3 ounces gorgonzola crumbled
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup milk 2% reduced-fat ()

- ☐ 2 teaspoons olive oil
- ☐ 2 large onion halved thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Drain spinach well, pressing between layers of paper towels. Set aside.
- ☐ Saut sliced onions in hot oil in a large nonstick skillet over medium heat 5 minutes.
- ☐ Stir in brown sugar; cook, stirring occasionally, 20 minutes or until onions are caramel colored. Reserve 1/4 cup onions. Spoon remaining onions evenly into 6 (6-ounce) custard cups coated with cooking spray; sprinkle evenly with Gorgonzola cheese.
- ☐ Beat cream cheese with an electric mixer until smooth.
- ☐ Add egg and next 5 ingredients, beating just until blended. Stir in spinach. Spoon evenly over cheese in custard cups.
- ☐ Place cups in a 13- x 9-inch pan.
- ☐ Add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 30 to 40 minutes or until almost set.
- ☐ Remove cups from pan.
- ☐ Let stand 10 minutes; unmold, and top with reserved onions.
- ☐ *1 (4-ounce) package crumbled blue cheese may be substituted.
- ☐ Original recipe with half-and-half, more cheese, and oil: Calories 265 (70% from fat); Fat 21g (sat 11g); Chol:159mg.

Nutrition Facts



 PROTEIN **33.04%**  FAT **38.89%**  CARBS **28.07%**

Properties

Glycemic Index:26, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:14.058260845101%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 7.51g (11.55%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 10.93g (3.97%), Sugar: 8.09g (8.98%), Cholesterol: 49.31mg (16.44%), Sodium: 607.43mg (26.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.71%), Vitamin K: 50.06µg (47.67%), Vitamin A: 1784.23IU (35.68%), Phosphorus: 340.87mg (34.09%), Calcium: 303.96mg (30.4%), Selenium: 16.76µg (23.94%), Vitamin B2: 0.39mg (22.66%), Vitamin B12: 0.88µg (14.71%), Folate: 55.86µg (13.96%), Vitamin B5: 1.24mg (12.39%), Zinc: 1.6mg (10.65%), Potassium: 371.72mg (10.62%), Manganese: 0.19mg (9.35%), Vitamin B6: 0.18mg (9.07%), Magnesium: 35.07mg (8.77%), Vitamin E: 1.04mg (6.93%), Vitamin B1: 0.1mg (6.5%), Iron: 1.04mg (5.8%), Vitamin C: 4.6mg (5.57%), Fiber: 1.27g (5.06%), Vitamin D: 0.56µg (3.72%), Copper: 0.07mg (3.65%), Vitamin B3: 0.43mg (2.15%)