



Semolina and Spinach Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs (whisk in 1 at a time)
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 teaspoons salt
- ☐ 6 servings salt and pepper
- ☐ 1 cup semolina flour (pasta flour)
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups water

☐ 2 cups milk whole

Equipment

☐ sauce pan

☐ oven

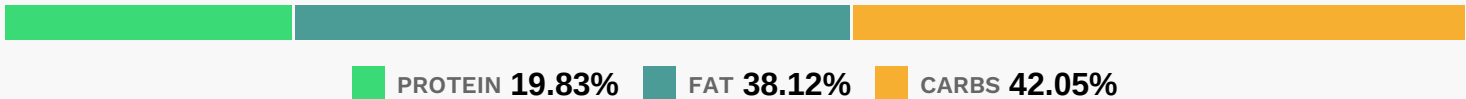
☐ whisk

☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Butter 11x7x2-inch glass or ceramic baking dish.
- ☐ In large saucepan, bring to a boil milk, water, butter, and salt. Reduce heat to medium. Gradually whisk in semolina flour, then whisk until mixture is thick and smooth, about 5 minutes.
- ☐ Whisk in spinach, Parmesan cheese, eggs, nutmeg, salt, and pepper.
- ☐ Pour mixture into prepared baking dish; smooth top and sprinkle with 1/3cup grated Parmesan cheese.
- ☐ Bake gratin until puffed and golden, about 40 minutes. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:11.88, Inflammation Score:-10, Nutrition Score:23.923913126406%

Nutrients (% of daily need)

Calories: 256.34kcal (12.82%), Fat: 10.91g (16.79%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 24.61g (8.95%), Sugar: 4.34g (4.82%), Cholesterol: 117.63mg (39.21%), Sodium: 1172.29mg (50.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.54%), Vitamin K: 176.51µg (168.1%), Vitamin A: 5971.96IU (119.44%), Selenium: 39.08µg (55.83%), Folate: 132.04µg (33.01%), Vitamin B2: 0.51mg (30.18%), Manganese: 0.53mg (26.3%), Calcium: 233.1mg (23.31%), Phosphorus: 229.4mg (22.94%), Vitamin B1: 0.33mg (21.94%), Magnesium: 64.36mg (16.09%), Iron: 2.59mg (14.38%), Vitamin E: 1.88mg (12.55%), Vitamin B12: 0.74µg

(12.41%), Potassium: 383.9mg (10.97%), Vitamin B6: 0.21mg (10.35%), Vitamin B3: 2.03mg (10.14%), Vitamin D: 1.49µg (9.95%), Fiber: 2.48g (9.92%), Zinc: 1.47mg (9.81%), Vitamin B5: 0.92mg (9.17%), Copper: 0.16mg (7.85%), Vitamin C: 2.6mg (3.15%)