



Spinach Gratin

READY IN



95 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup flour
- 50 ounce pkt spinach frozen chopped
- 0.5 cup gruyère cheese grated
- 1 cup heavy cream
- 1 tablespoon kosher salt
- 2 cups milk
- 0.3 teaspoon nutmeg grated
- 1 cup parmesan cheese freshly grated

- 4 tablespoons butter unsalted ()
- 4 cups onions yellow chopped (2 large)

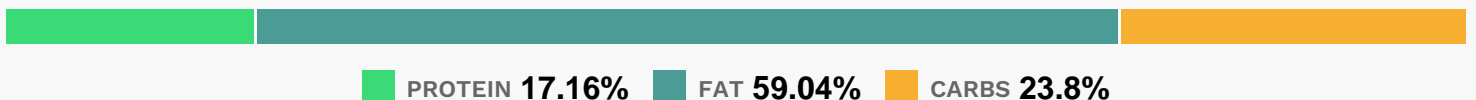
Equipment

- frying pan
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F. Melt the butter in a heavy-bottomed saute pan over medium heat.
- Add the onions and saute until translucent, about 15 minutes.
- Add the flour and nutmeg and cook, stirring, for 2 more minutes.
- Add the cream and milk and cook until thickened. Squeeze as much liquid as possible from the spinach and add the spinach to the sauce.
- Add 1/2 cup of the Parmesan cheese and mix well. Season, to taste, with salt and pepper.
- Transfer the spinach to a baking dish and sprinkle the remaining 1/2 cup Parmesan and the Gruyere on top.
- Bake for 20 minutes until hot and bubbly.
- Serve hot.
- Note: This recipe has been updated and may differ from what was originally broadcast or published.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:33.555217494135%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 372.88kcal (18.64%), Fat: 25.69g (39.52%), Saturated Fat: 15.2g (95%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 16.65g (6.06%), Sugar: 8.42g (9.35%), Cholesterol: 75.94mg (25.31%), Sodium: 1316.12mg (57.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.59%), Vitamin K: 661.72µg (630.21%), Vitamin A: 21676.41IU (433.53%), Manganese: 1.41mg (70.61%), Folate: 282.31µg (70.58%), Calcium: 538.93mg (53.89%), Magnesium: 158.99mg (39.75%), Vitamin E: 5.71mg (38.08%), Vitamin B2: 0.65mg (38.04%), Phosphorus: 324.28mg (32.43%), Selenium: 20.06µg (28.65%), Fiber: 6.65g (26.59%), Potassium: 887.22mg (25.35%), Vitamin B6: 0.47mg (23.38%), Iron: 3.82mg (21.23%), Vitamin C: 15.85mg (19.21%), Vitamin B1: 0.28mg (18.88%), Zinc: 2.35mg (15.68%), Copper: 0.31mg (15.38%), Vitamin B12: 0.69µg (11.49%), Vitamin D: 1.36µg (9.09%), Vitamin B5: 0.68mg (6.82%), Vitamin B3: 1.33mg (6.64%)