



Spinach Parmesan Custard with Frico

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

Ingredients

- ☐ 20 oz baby spinach coarsely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 4 large eggs lightly beaten
- ☐ 0.8 teaspoon nutmeg freshly grated
- ☐ 1 medium onion finely chopped
- ☐ 1.5 oz parmesan finely grated
- ☐ 0.5 teaspoon salt
- ☐ 2 cups skim milk fat-free ()
- ☐ 2 teaspoons butter unsalted

☐ 2 tablespoons water

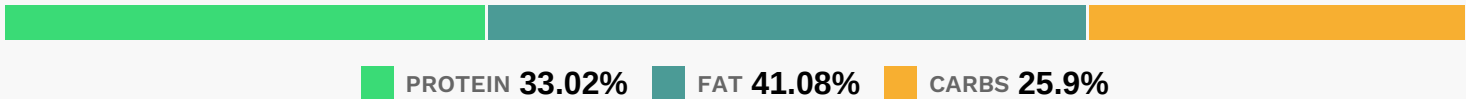
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ springform pan

Directions

- ☐ Cook onion in butter, covered, in a 6- to 8-quart heavy pot over moderately low heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Add spinach and water and cook, covered, over moderately high heat, stirring occasionally, until just wilted, about 4 minutes.
- ☐ Drain in a large sieve set over a bowl, pressing on spinach. (Discard liquid.)
- ☐ Preheat oven to 350°F. Lightly oil springform pan.
- ☐ Whisk together eggs, milk, cheese, salt, pepper, and nutmeg in a large bowl, then stir in spinach.
- ☐ Spoon into springform pan, spreading evenly, and bake until custard is set and no longer wet in center, 50 to 55 minutes. Cool 10 minutes in pan on a rack, then run a sharp knife around edge to loosen and remove side of pan.
- ☐ Cut into 8 wedges and serve warm or at room temperature.
- ☐ Each serving about 147 calories and 9 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:27.66, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:21.925217317498%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.61mg, Kaempferol: 4.61mg, Kaempferol: 4.61mg, Kaempferol: 4.61mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 109.32kcal (5.47%), Fat: 5.17g (7.96%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 5.49g (2%), Sugar: 4.16g (4.63%), Cholesterol: 101.14mg (33.71%), Sodium: 348.02mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Vitamin K: 342.73µg (326.41%), Vitamin A: 6979.35IU (139.59%), Folate: 153.65µg (38.41%), Manganese: 0.68mg (33.86%), Vitamin C: 20.94mg (25.38%), Calcium: 232.24mg (23.22%), Vitamin B2: 0.35mg (20.61%), Phosphorus: 191.44mg (19.14%), Magnesium: 70.57mg (17.64%), Potassium: 559.05mg (15.97%), Selenium: 10.89µg (15.56%), Iron: 2.44mg (13.58%), Vitamin B6: 0.24mg (11.9%), Vitamin E: 1.75mg (11.64%), Vitamin B12: 0.64µg (10.73%), Vitamin D: 1.22µg (8.13%), Zinc: 1.15mg (7.67%), Fiber: 1.85g (7.39%), Vitamin B1: 0.11mg (7.25%), Vitamin B5: 0.69mg (6.91%), Copper: 0.12mg (6.1%), Vitamin B3: 0.64mg (3.19%)