



Creamed Spinach

4 servings



49%
12.9 g
Carbs

33%
3.9 g
Fat

18%
4.7 g
Protein

32 oz Cauliflower Florets
1 tbsp Olive Oil
4 cloves Garlic, minced
1 lb Spinach
1/8 tsp Ground Nutmeg, fresh if possible
Salt and Pepper, to taste
Red Pepper flakes, to taste

Directions:

Microwave or steam cauliflower florets until tender. Puree in blender or food processor until smooth. Set aside.

Heat olive oil in large skillet over medium heat. Sauté garlic and spinach until wilted. Stir in cauliflower puree and mix well. Season with nutmeg, salt, pepper and red pepper flakes.

Recommendations: To round out your plate, serve with SGC and protein. (85 cal NSV)

Want to add to MFP? Search MGL Creamed Spinach in the food database.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 108 mg	5 %
Potassium 928 mg	27 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 5 g	9 %
Vitamin A	532 %
Vitamin C	59 %
Calcium	131 %
Iron	3 %

Tips from Mama G....

- For accurate serving size, weigh or measure entire product and divide by number of servings.
- Chicken and vegetable broths can always be substituted for one another.
- Always use low sodium option if available, especially for canned products.
- Mama G suggest choosing organic when possible, and if your budget allows, especially with fruits, veggies and dairy. Organic designation is regulated and means less pesticides and non-GMO. Non-GMO does not mean organic.

