

Light Creamed Spinach

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Servings: 4

Yield: 4 one-half cup servings

1 package (9 ounces) frozen chopped spinach

1 teaspoon vegetable oil

2 tablespoons green onions, sliced

1/3 cup light sour cream

1/4 cup skim milk

2 tablespoons Parmesan cheese, grated

2 teaspoons all-purpose flour

1/4 teaspoon salt

Cook the spinach as directed on the package.

Drain and press with paper towels to remove all of the moisture.

Meanwhile, in a ten-inch non-stick skillet over medium heat, heat the oil. Add the onion and cook for 1 minute.

In a small bowl, whisk the sour cream, milk, cheese, flour and salt. Stir into the onions in the skillet. Cook the sauce until bubbly and thick. Stir the spinach into the sauce until well mixed.

Serve.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 66 Calories; 3g Fat (31.9% calories from fat); 5g Protein; 7g Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 277mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	66	Vitamin B6 (mg):	.2mg
% Calories from Fat:	31.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	39.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	141mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refuse:	0%
Carbohydrate (g):	7g		

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 5g
Sodium (mg): 277mg
Potassium (mg): 405mg
Calcium (mg): 190mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 8885IU
Vitamin A (r.e.): 897 1/2RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 66 Calories from Fat: 21

% Daily Values*

Total Fat	3g		4%
	Saturated Fat	1g	5%
Cholesterol	4mg		1%
Sodium	277mg		12%
Total Carbohydrates	7g		2%
	Dietary Fiber	4g	14%
Protein	5g		

Vitamin A			178%
Vitamin C			47%
Calcium			19%
Iron			14%

* Percent Daily Values are based on a 2000 calorie diet.