

Creamed Spinach

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/creamed-spinach-with-greek-yogurt-recipe>

Ingredients:

- 1 stick butter
- 8 tablespoons flour
- 1/2 whole medium onion Finely Diced
- 3 cloves garlic Finely Minced
- 2 cups milk
- salt
- pepper
- 1 pinch ground nutmeg
- 3 tablespoons butter
- 24 ounces baby spinach weight

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 11 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams

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