AMERICAN · SIDE

Creamed Spinach with Cream Cheese and Parmesan

20 min · Serves 8 · 278 kcal a serve · Video 4:17 · Brooketo

Gluten-free ingredients · No nuts listed

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A flour-free creamed spinach thickened with cream cheese and Parmesan: about 3 g net carbs a serve, rich in vitamins A and K from the spinach, with most of its energy from fat.

Diet notes: Keto (3.1 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmesan and parmesan cheese (traditionally made with animal rennet).

Ingredients 10 · SERVES 8

- [ ] 454 g **frozen spinach**, thawed
- [ ] 2 tbsp **butter**
- [ ] 1 tsp minced **garlic** (or 1 clove)
- [ ] **salt** to taste (about 2/3 tsp)
- [ ] **black pepper** to taste
- [ ] **garlic pepper** to taste
- [ ] 410 ml **heavy whipping cream**
- [ ] 57 g **cream cheese**, in small chunks
- [ ] 50 g grated **Parmesan cheese**
- [ ] shredded **Parmesan**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the frozen spinach in a wide pan over high heat and cook, stirring now and then, until it has thawed and all the water has cooked off. 0:17
2. Add the butter and garlic and let the butter sizzle, then season with salt, pepper and garlic pepper. 0:54
3. Whisk in 240 ml of the cream, turn the heat to medium-high and let it simmer, then add the remaining 180 ml and simmer again, stirring occasionally, until it starts to thicken. 1:41
4. Turn the heat down to medium-low, add the cream cheese in small chunks and whisk until melted, then whisk in the grated Parmesan. 2:14
5. Take the pan off the heat and let it sit 5–10 minutes to thicken. Taste for salt and pepper and serve, topped with extra Parmesan if you like. 2:48

> **Tip** Fresh spinach works too: wilt about 700 g in the butter at step 2 instead of cooking off frozen. The cook also tops hers with crumbled bacon (optional). A classic side for steak; keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
278 kcal 1,160 kJ	6.4 g 13% of a day	4.4 g 3.1 g net · 2.1 g sugars 2% of a day	1.3 g 5% of a day	27 g 17 g saturated 34% of a day	410 mg 18% of a day

Energy from net carbs 4% · protein 9% · fat 87% — fits keto: 3.1 g net carbs, 87% of the energy from fat

High in (20%+ of a day) Vitamin K 231% · Vitamin A 61% · Folate 28%

Source of (10–19%) Vitamin C 18% · Omega-3 17% · Calcium 15% · Magnesium 13% · Vitamin E 12% · Iron 10% · Vitamin B12 10%

Recipe and video: Brooketo (@real.brooketo) on YouTube — youtube.com/watch?v=kpauQlkYUNU, published 1 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-creamed-spinach-parmesan