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Creamed Scallions ♦♦

Creamed scallions is a classic side dish that is often served with grilled meats or roasted vegetables. It is made by sautéing scallions in butter and then simmering them in cream until they become soft and creamy. The dish has a rich and savory flavor that pairs well with a variety of main courses.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

250 g	scallions
30 g	butter
250 ml	heavy cream
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cutting

Trim the root ends of the scallions and cut them into 1-inch pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Melt the butter in a large skillet over medium heat. Add the scallions and sauté until they are soft and slightly browned, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Simmering

Pour in the heavy cream and season with salt and black pepper. Bring to a simmer and cook for 10 minutes, or until the cream has thickened and the scallions are tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Remove from heat and let the creamed scallions cool slightly before serving. They can be served warm or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 25 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Grill

Course

Main Dishes

Soups

Sauces & Dressings

Cooking Method

Baking

Cut

Mixing

Plating

Serving

Cooking

None

Stir-frying

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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