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Baked Spinach Mornay ♦♦

Baked Spinach Mornay is a delicious vegetarian dish that combines spinach, cheese, and a creamy sauce. It is a popular dish in many households and can be enjoyed as a main course or a side dish. The dish is typically baked until the cheese is melted and bubbly, creating a golden crust on top. It is a comforting and flavorful dish that is perfect for any occasion.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spinach
200 g	cheddar cheese
250 ml	milk
50 g	butter

50 g	all-purpose flour
2 cloves	garlic
1 tsp	salt
0.5 tsp	black pepper
0.25 tsp	nutmeg
50 g	breadcrumbs

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large pan, melt the butter over medium heat. Add the minced garlic and cook until fragrant, about 1-2 minutes.

Prep Time: 5 mins

Cook Time: 2 mins

Step 3

Stove

Add the flour to the pan and whisk continuously for 1 minute to cook off the raw flour taste.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Slowly pour in the milk while whisking constantly to avoid lumps. Cook until the sauce thickens, about 3-4 minutes.

Prep Time: 1 mins

Cook Time: 4 mins

Step 5

Stove

Add the grated cheddar cheese to the sauce and stir until melted and smooth.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Stove

Add the spinach to the sauce and stir until wilted. Season with salt, black pepper, and nutmeg.

Prep Time: 2 mins

Cook Time: 3 mins

Step 7

Oven

Transfer the mixture to a baking dish and sprinkle breadcrumbs on top.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Oven

Bake in the preheated oven for 20-25 minutes, or until the top is golden and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 9

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
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	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
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

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Senior Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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