



HEALTH SCORE

100%

Baby Spinach with Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce baby spinach
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt

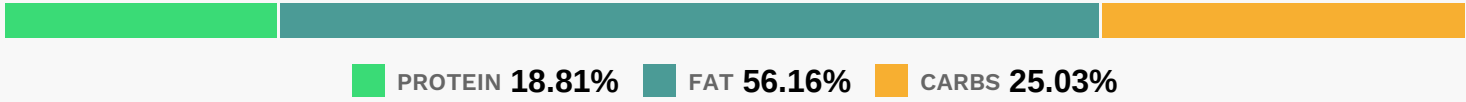
Equipment

- ☐ frying pan

Directions

- ☐ Saut spinach and garlic in hot oil in a large nonstick skillet over medium-high heat 5 minutes or until spinach wilts. Stir in salt and pepper; sprinkle with pine nuts.
- ☐ Serve immediately.
- ☐ *2 tablespoons chopped, toasted pecans or toasted sliced almonds may be substituted.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:22.001304416553%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 67.86kcal (3.39%), Fat: 4.82g (7.41%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 224.13mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 482.78µg (459.79%), Vitamin A: 9306.44IU (186.13%), Manganese: 1.37mg (68.58%), Folate: 194.26µg (48.56%), Vitamin C: 28.39mg (34.41%), Magnesium: 91.53mg (22.88%), Vitamin E: 2.63mg (17.51%), Potassium: 591.23mg (16.89%), Iron: 3.01mg (16.72%), Vitamin B2: 0.2mg (11.81%), Vitamin B6: 0.22mg (10.86%), Calcium: 102.4mg (10.24%), Copper: 0.2mg (10.06%), Fiber: 2.43g (9.72%), Phosphorus: 79.86mg (7.99%), Vitamin B1: 0.1mg (6.58%), Zinc: 0.87mg (5.78%), Vitamin B3: 0.95mg (4.75%), Selenium: 1.25µg (1.78%)