



Buttered Spinach with Vinegar



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 4 bunches flat parsley with some water clinging rinsed trimmed
- ☐ 4 servings pepper freshly ground
- ☐ 2 teaspoons red wine vinegar ()
- ☐ 6 tablespoons butter unsalted ()

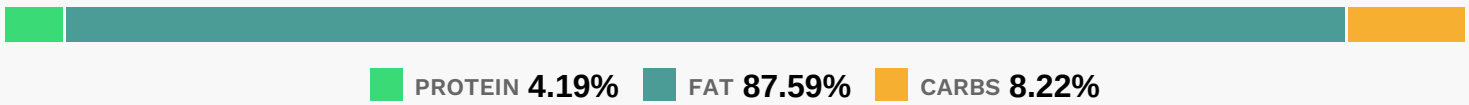
Equipment

- ☐ pot

Directions

- ☐ Gradually add spinach to a large drypot over medium heat, allowing it to wiltbetween additions; cook until tender,5–8 minutes.
- ☐ Drain; press to remove liquid.Wipe out pot.
- ☐ Melt butter in same pot over mediumheat.
- ☐ Add spinach and 2 teaspoons vinegar.Season with salt, pepper, and more vinegar,if desired; toss to coat.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:17.786956662717%

Flavonoids

Apigenin: 122.81mg, Apigenin: 122.81mg, Apigenin: 122.81mg, Apigenin: 122.81mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 8.46mg, Myricetin: 8.46mg, Myricetin: 8.46mg, Myricetin: 8.46mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 171.82kcal (8.59%), Fat: 17.49g (26.9%), Saturated Fat: 10.86g (67.9%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.5g (0.55%), Cholesterol: 45.15mg (15.05%), Sodium: 34.45mg (1.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin K: 936.43µg (891.84%), Vitamin A: 5327.02IU (106.54%), Vitamin C: 75.82mg (91.91%), Folate: 87.29µg (21.82%), Iron: 3.56mg (19.77%), Potassium: 323.12mg (9.23%), Calcium: 84.29mg (8.43%), Fiber: 1.91g (7.63%), Magnesium: 29.19mg (7.3%), Vitamin E: 0.92mg (6.1%), Manganese: 0.11mg (5.3%), Copper: 0.09mg (4.49%), Zinc: 0.63mg (4.2%), Phosphorus: 38.46mg (3.85%), Vitamin B3: 0.76mg (3.78%), Vitamin B2: 0.06mg (3.72%), Vitamin B1: 0.05mg (3.35%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.25mg (2.52%), Vitamin D: 0.31µg (2.1%)