



Buttery Lemon Spinach



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 20 ounce pre-washed spinach fresh

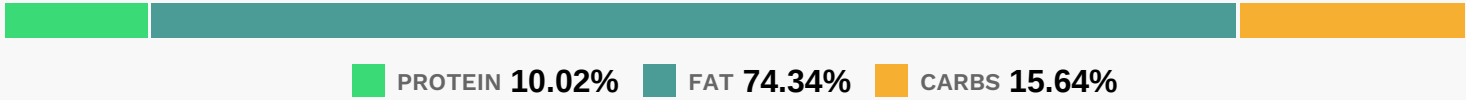
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Rinse the spinach and place the leaves into a microwavable serving dish.
- ☐ Add the butter, garlic and lemon juice. Cover with plastic wrap. Steam in the microwave until the butter is melted and spinach is wilted, about 2 minutes.
- ☐ Remove the plastic wrap and toss to distribute seasoning before serving.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:19.943043412074%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 110.46kcal (5.52%), Fat: 9.86g (15.16%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 2.52g (0.91%), Sugar: 0.56g (0.62%), Cholesterol: 25.08mg (8.36%), Sodium: 150.17mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 457.29µg (435.51%), Vitamin A: 9153.21IU (183.06%), Folate: 184.76µg (46.19%), Manganese: 0.89mg (44.64%), Vitamin C: 29.32mg (35.54%), Magnesium: 75.85mg (18.96%), Potassium: 545.94mg (15.6%), Vitamin E: 2.2mg (14.66%), Iron: 2.61mg (14.51%), Vitamin B6: 0.22mg (11%), Vitamin B2: 0.19mg (10.96%), Calcium: 101.48mg (10.15%), Fiber: 2.15g (8.6%), Copper: 0.13mg (6.58%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 53.58mg (5.36%), Zinc: 0.54mg (3.63%), Vitamin B3: 0.71mg (3.56%), Selenium: 1.45µg (2.06%)