

Deep Fried Spinach

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

Ingredients

- 4 cups vegetable oil; peanut oil preferred for frying
- 4 servings salt and pepper to taste
- 10 ounce pkt spinach fresh washed

Equipment

- paper towels

Directions

- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Place a large handful of fresh spinach in fryer basket, and submerge to cook for about thirty seconds.
- Drain spinach on paper towels, and repeat with remaining batches.
- Add a little salt and pepper to taste.

Nutrition Facts

PROTEIN 1.98%

FAT 95.51%

CARBS 2.51%

Properties

Glycemic Index:8, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:18.590869539458%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 398.19kcal (19.91%), Fat: 43.48g (66.89%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 249.78mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin K: 342.62µg (326.31%), Vitamin A: 6645.84IU (132.92%), Vitamin E: 8.22mg (54.81%), Folate: 137.5µg (34.37%), Manganese: 0.64mg (31.81%), Vitamin C: 19.92mg (24.14%), Magnesium: 56mg (14%), Potassium: 395.52mg (11.3%), Iron: 1.94mg (10.75%), Vitamin B2: 0.13mg (7.88%), Calcium: 70.29mg (7.03%), Vitamin B6: 0.14mg (6.91%), Fiber: 1.56g (6.24%), Copper: 0.09mg (4.61%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 34.73mg (3.47%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.38mg (2.54%), Selenium: 0.71µg (1.01%)