



Dilly Spinach with Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons olive oil
- ☐ 1 clove garlic finely chopped
- ☐ 3 oz mushrooms fresh sliced
- ☐ 6 oz baby spinach fresh washed (7 cups)
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon dill dried
- ☐ 1 tablespoon pinenuts toasted

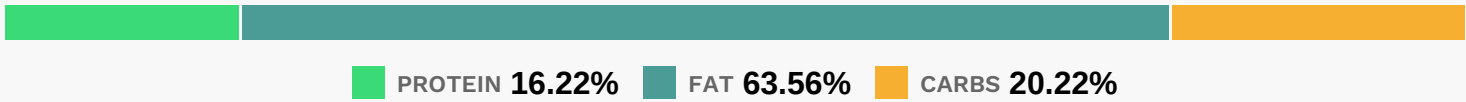
Equipment

☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat oil over medium heat.
- ☐ Add garlic and mushrooms; cook about 3 minutes, stirring constantly, until mushrooms are crisp-tender.
- ☐ Stir in spinach, salt and dill weed. Cook 3 to 4 minutes, stirring occasionally, until spinach is hot and wilted.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:23.076956711386%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 100.32kcal (5.02%), Fat: 7.91g (12.16%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.39g (1.55%), Cholesterol: 0mg (0%), Sodium: 360.56mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin K: 415.91µg (396.11%), Vitamin A: 7980.25IU (159.6%), Manganese: 1.25mg (62.56%), Folate: 173.97µg (43.49%), Vitamin C: 25.33mg (30.7%), Magnesium: 84.23mg (21.06%), Vitamin B2: 0.34mg (20.29%), Potassium: 647.83mg (18.51%), Vitamin E: 2.77mg (18.5%), Iron: 2.87mg (15.97%), Copper: 0.32mg (15.84%), Vitamin B3: 2.38mg (11.91%), Vitamin B6: 0.23mg (11.72%), Phosphorus: 109.63mg (10.96%), Fiber: 2.52g (10.09%), Calcium: 90.32mg (9.03%), Vitamin B1: 0.12mg (8.15%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.72mg (7.16%), Zinc: 1.01mg (6.76%)