

## Easy Fried Spinach



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup canola oil
- ☐ 8 cloves garlic thinly sliced
- ☐ 20 ounce spinach leaves fresh
- ☐ 0.3 cup butter unsalted

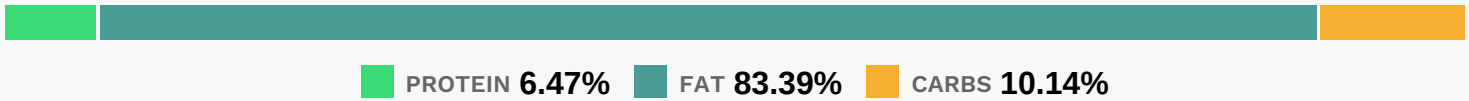
### Equipment

- ☐ frying pan

# Directions

- ☐ Melt the butter with the canola oil in a large skillet over medium heat until it stops bubbling. This allows the water from the butter to evaporate.
- ☐ Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:20.472608686789%

## Flavonoids

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: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 178.02kcal (8.9%), Fat: 17.39g (26.76%), Saturated Fat: 5.61g (35.05%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.44g (0.49%), Cholesterol: 20.34mg (6.78%), Sodium: 76.37mg (3.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin K: 463.81µg (441.73%), Vitamin A: 9097.84IU (181.96%), Folate: 183.73µg (45.93%), Manganese: 0.91mg (45.75%), Vitamin C: 27.8mg (33.7%), Vitamin E: 3.77mg (25.16%), Magnesium: 75.84mg (18.96%), Potassium: 545.61mg (15.59%), Iron: 2.63mg (14.62%), Vitamin B6: 0.23mg (11.71%), Vitamin B2: 0.19mg (10.95%), Calcium: 103.06mg (10.31%), Fiber: 2.16g (8.65%), Copper: 0.14mg (6.82%), Vitamin B1: 0.08mg (5.48%), Phosphorus: 54.69mg (5.47%), Zinc: 0.56mg (3.71%), Vitamin B3: 0.72mg (3.58%), Selenium: 1.61µg (2.3%)