



WHATSheATE



Espinacas Guisadas (Colombian Braised Spinach)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup coconut milk
- ☐ 0.3 feta cheese crumbled
- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black
- ☐ 1 tablespoon olive oil

- ☐ 1 onion finely chopped
- ☐ 2 pounds spinach leaves rinsed

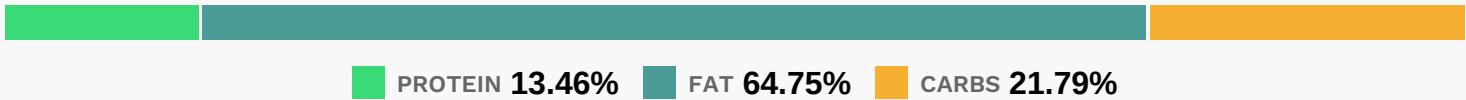
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a sauce pan over medium heat, warm the butter and olive oil.
- ☐ Add the onion and sauté for about 5 to 7 minutes.
- ☐ Add the garlic and sauté for 1 minute more.
- ☐ Remove the pan from the heat and set aside.
- ☐ Put the spinach with some water in a pot over medium-high heat, cover, and cook until the spinach is bright green, 1 to 2 minutes.
- ☐ Remove from the heat and drain well, pressing the spinach with the back of a spoon to remove excess moisture. When the spinach is cool enough to handle, chop it.
- ☐ Add the spinach, coconut milk and cumin to the onion and garlic in the sauce pan and return to medium-low heat. Season with salt and pepper.Stir and cook for about 8 to10 minutes.
- ☐ Sprinkle cheese on top and serve warm.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:27.36826082068%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.77mg, Kaempferol: 9.77mg, Kaempferol: 9.77mg, Kaempferol: 9.77mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 10.78g (16.59%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.43g (1.59%), Cholesterol: 10.07mg (3.36%), Sodium: 153.43mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin K: 732.27µg (697.4%), Vitamin A: 14296.92IU (285.94%), Manganese: 1.56mg (77.84%), Folate: 299.64µg (74.91%), Vitamin C: 44.35mg (53.76%), Magnesium: 130.78mg (32.69%), Iron: 4.85mg (26.96%), Potassium: 919.93mg (26.28%), Vitamin E: 3.52mg (23.48%), Vitamin B2: 0.29mg (17.29%), Vitamin B6: 0.34mg (16.77%), Calcium: 161.78mg (16.18%), Fiber: 3.69g (14.77%), Copper: 0.25mg (12.54%), Phosphorus: 100.92mg (10.09%), Vitamin B1: 0.13mg (8.89%), Zinc: 0.96mg (6.4%), Vitamin B3: 1.25mg (6.25%), Selenium: 1.81µg (2.59%), Vitamin B5: 0.16mg (1.62%)