



Fresh Spinach with Garlic-Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 4 chilies dried
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon ground pepper
- ☐ 6 servings pepper flakes red hot thin
- ☐ 2 garlic clove
- ☐ 4 tablespoons olive oil divided
- ☐ 0.7 cup onion chopped
- ☐ 6 tablespoons greek yogurt plain drained

- ☐ 1.5 pounds pkt spinach fresh divided (four 6-ounce bags)
- ☐ 0.5 tablespoon tomato paste
- ☐ 1.5 tablespoons rice medium-grain white uncooked

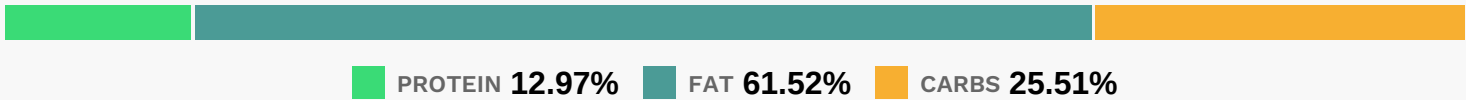
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 3 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add onion and sauté until translucent, about 5 minutes.
- ☐ Add tomato paste; stir 1 minute.
- ☐ Add chiles and 1/3 of spinach. Cook until spinach wilts, adding remaining spinach in 2 additions and tossing often, about 4 minutes.
- ☐ Mix in rice. Cover and simmer until rice is tender and moisture from spinach is absorbed, adding water by tablespoonfuls if needed for rice, about 10 minutes. Uncover and continue to cook until mixture is dry, about 2 minutes; discard chiles.
- ☐ Meanwhile, press garlic cloves into small bowl, stir in yogurt, and season with salt and pepper. Melt butter with 1 tablespoon oil in small skillet.
- ☐ Mix in cayenne and remove from heat.
- ☐ Spread spinach mixture on platter; make indentations with back of spoon. Spoon yogurt into indentations and drizzle with cayenne butter.

Nutrition Facts



Properties

Glycemic Index:53.7, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:24.729565439017%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 163.27kcal (8.16%), Fat: 11.87g (18.26%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.58g (2.87%), Cholesterol: 5.77mg (1.92%), Sodium: 123.03mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin K: 555.63µg (529.17%), Vitamin A: 10965.87IU (219.32%), Vitamin C: 48.39mg (58.65%), Folate: 227.62µg (56.91%), Manganese: 1.13mg (56.36%), Vitamin E: 3.9mg (25.98%), Magnesium: 97.64mg (24.41%), Potassium: 744.09mg (21.26%), Iron: 3.4mg (18.87%), Vitamin B2: 0.28mg (16.54%), Vitamin B6: 0.33mg (16.54%), Calcium: 138.78mg (13.88%), Fiber: 3.21g (12.85%), Phosphorus: 93.89mg (9.39%), Copper: 0.19mg (9.36%), Vitamin B1: 0.11mg (7.56%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.81mg (5.38%), Selenium: 3.58µg (5.11%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.11µg (1.82%)