



 **54%**
HEALTH SCORE

Garlic Butter Spinach

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 2 tablespoons butter light
- 0.3 teaspoon salt
- 7 ounce pkt spinach fresh (6 cups)

Equipment

- microwave

Directions

- Combine first 4 ingredients in a 2-quart microwave-safe dish. Cover and microwave at HIGH 25 seconds or until butter melts.
- Add spinach; cover and microwave at HIGH 2 minutes or until spinach wilts.
- Serve immediately.

Nutrition Facts

PROTEIN 13.32% **FAT 67.1%** **CARBS 19.58%**

Properties

Glycemic Index:23.5, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:14.566956503236%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 50.22kcal (2.51%), Fat: 4.07g (6.25%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.23g (0.26%), Cholesterol: 7.42mg (2.47%), Sodium: 187.49mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 240.11µg (228.67%), Vitamin A: 4771.51IU (95.43%), Manganese: 0.5mg (24.76%), Folate: 96.4µg (24.1%), Vitamin C: 14.72mg (17.84%), Magnesium: 40.28mg (10.07%), Potassium: 292.69mg (8.36%), Iron: 1.47mg (8.17%), Vitamin E: 1.12mg (7.47%), Vitamin B6: 0.13mg (6.43%), Vitamin B2: 0.1mg (5.97%), Calcium: 57.37mg (5.74%), Fiber: 1.16g (4.64%), Copper: 0.07mg (3.65%), Phosphorus: 30.61mg (3.06%), Vitamin B1: 0.04mg (2.96%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.38mg (1.89%), Selenium: 0.92µg (1.32%)