



HEALTH SCORE

98%

Garlic-Parmesan Spinach



Gluten Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 4 large garlic cloves finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese shaved
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 20 oz pkt spinach fresh washed

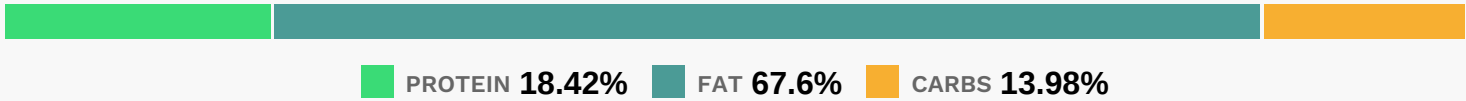
Equipment

☐ frying pan

Directions

- ☐ Saut chopped garlic in hot oil in a large skillet over medium-high heat 2 to 3 minutes or until golden. Gradually add spinach, stirring until spinach is wilted and coated with garlic mixture (about 5 minutes).
- ☐ Remove from heat, and stir in chopped basil, salt, and pepper.
- ☐ Transfer spinach mixture to a serving dish, and sprinkle with 1/2 cup Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:27.353478396716%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 179.55kcal (8.98%), Fat: 14.31g (22.02%), Saturated Fat: 3.59g (22.47%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.73g (0.81%), Cholesterol: 8.5mg (2.83%), Sodium: 603.72mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Vitamin K: 697.66µg (664.43%), Vitamin A: 13469.38IU (269.39%), Folate: 277µg (69.25%), Manganese: 1.36mg (67.9%), Vitamin C: 41.04mg (49.74%), Magnesium: 119.41mg (29.85%), Calcium: 297.25mg (29.73%), Vitamin E: 4.43mg (29.55%), Potassium: 820.73mg (23.45%), Iron: 4.12mg (22.87%), Vitamin B2: 0.31mg (18.47%), Vitamin B6: 0.33mg (16.38%), Phosphorus: 161.83mg (16.18%), Fiber: 3.24g (12.95%), Copper: 0.2mg (10.25%), Vitamin B1: 0.12mg (8.14%), Zinc: 1.14mg (7.63%), Selenium: 4.67µg (6.67%), Vitamin B3: 1.1mg (5.48%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.17mg (1.72%)