



## Garlic Sauteed Spinach

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

### Ingredients

- 1.5 pounds baby spinach leaves
- 0.8 teaspoon pepper black freshly ground
- 6 cloves garlic chopped
- 2 teaspoons kosher salt
- 6 servings kosher salt
- 6 servings optional: lemon
- 2 tablespoons olive oil good
- 1 tablespoon butter unsalted

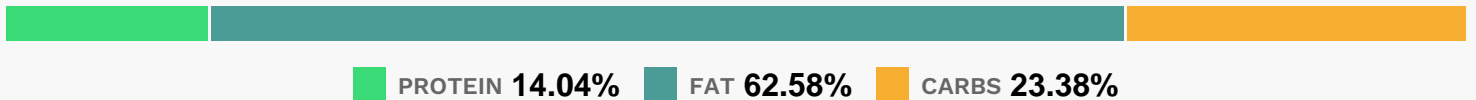
## Equipment

- bowl
- pot
- wooden spoon
- slotted spoon
- dutch oven
- salad spinner

## Directions

- Watch how to make this recipe.
- Rinse the spinach well in cold water to make sure it's very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves.
- In a very large pot or Dutch oven, heat the olive oil and saute the garlic over medium heat for about 1 minute, but not until it's browned.
- Add all the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:19.92, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:22.497391428313%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 7.24mg, Kaempferol:

7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

## **Nutrients (% of daily need)**

Calories: 91.19kcal (4.56%), Fat: 7.05g (10.84%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.68g (0.76%), Cholesterol: 5.02mg (1.67%), Sodium: 1059.58mg (46.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin K: 551.15µg (524.9%), Vitamin A: 10694.83IU (213.9%), Folate: 220.96µg (55.24%), Manganese: 1.1mg (55.2%), Vitamin C: 36.51mg (44.26%), Magnesium: 91.39mg (22.85%), Vitamin E: 3.04mg (20.29%), Potassium: 658.58mg (18.82%), Iron: 3.23mg (17.92%), Vitamin B6: 0.26mg (13.24%), Vitamin B2: 0.22mg (12.96%), Calcium: 121.83mg (12.18%), Fiber: 2.82g (11.27%), Copper: 0.16mg (8.17%), Vitamin B1: 0.1mg (6.51%), Phosphorus: 62.23mg (6.22%), Zinc: 0.65mg (4.32%), Vitamin B3: 0.85mg (4.26%), Selenium: 1.63µg (2.32%), Vitamin B5: 0.11mg (1.11%)