



Garlic & shallot spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 250 g pkt spinach (not baby)
- ☐ 2 tbsp olive oil
- ☐ 1 handful shallots peeled
- ☐ 1 garlic clove whole peeled

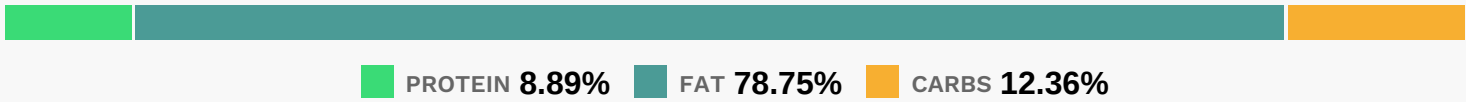
Equipment

- ☐ frying pan

Directions

- ☐ Tip the spinach into a pan of boiling water. Leave until just wilted and bright green, then drain and cool under cold running water. Squeeze as much water as you can from the leaves. Can be done up to 1 day ahead.
- ☐ To serve, heat the oil in a frying pan. Saut the shallots for 5 mins or until tender.
- ☐ Add the garlic, fry for 30 secs, then toss in the spinach. Season, then stir until reheated.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:23.509130350921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 155.1kcal (7.76%), Fat: 14.5g (22.3%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 99.35mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin K: 612.21µg (583.05%), Vitamin A: 11721.4IU (234.43%), Folate: 242.71µg (60.68%), Manganese: 1.15mg (57.39%), Vitamin C: 35.63mg (43.19%), Vitamin E: 4.55mg (30.37%), Magnesium: 99.23mg (24.81%), Potassium: 705.33mg (20.15%), Iron: 3.5mg (19.43%), Vitamin B2: 0.24mg (14%), Vitamin B6: 0.26mg (13.2%), Calcium: 126.79mg (12.68%), Fiber: 2.8g (11.19%), Copper: 0.17mg (8.37%), Vitamin B1: 0.1mg (6.72%), Phosphorus: 63.85mg (6.38%), Vitamin B3: 0.92mg (4.58%), Zinc: 0.68mg (4.55%), Selenium: 1.47µg (2.1%)