



## Garlicky Sautéed Spinach

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 0.1 teaspoon pepper red crushed
- 1 small garlic clove minced
- 1 tablespoon juice of lemon
- 10 ounce pkt spinach fresh

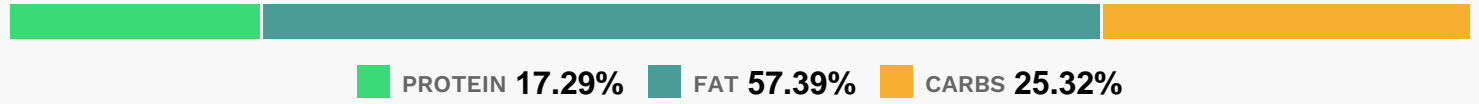
### Equipment

- frying pan

## Directions

- Melt butter in a large nonstick skillet over medium heat.
- Add garlic, and saut 30 seconds.
- Add spinach, red pepper, and lemon juice. Saut 2 to 3 minutes or until spinach wilts.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:25.131304345053%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

## Nutrients (% of daily need)

Calories: 87.03kcal (4.35%), Fat: 6.27g (9.65%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 3.01g (1.09%), Sugar: 0.81g (0.9%), Cholesterol: 15.05mg (5.02%), Sodium: 159.37mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin K: 685.29µg (652.66%), Vitamin A: 13504.25IU (270.09%), Folate: 276.78µg (69.2%), Manganese: 1.3mg (64.98%), Vitamin C: 43.2mg (52.37%), Magnesium: 113.13mg (28.28%), Potassium: 808.81mg (23.11%), Iron: 3.9mg (21.64%), Vitamin E: 3.1mg (20.67%), Vitamin B2: 0.27mg (16.13%), Vitamin B6: 0.3mg (15.06%), Calcium: 145.59mg (14.56%), Fiber: 3.22g (12.86%), Copper: 0.19mg (9.56%), Vitamin B1: 0.12mg (7.74%), Phosphorus: 74.41mg (7.44%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.78mg (5.23%), Selenium: 1.73µg (2.48%), Vitamin B5: 0.12mg (1.2%)