



Garlicky Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 garlic cloves chopped
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 2 tablespoons sesame oil toasted
- ☐ 20 ounce pkt spinach fresh (not baby)
- ☐ 1 teaspoon distilled vinegar white

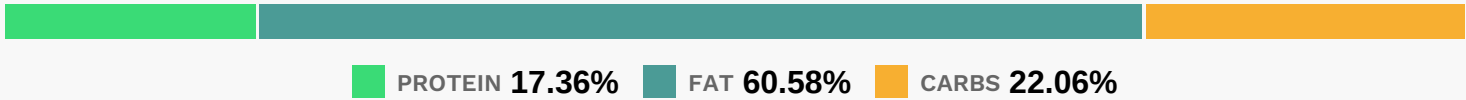
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook two 10-ounce bags fresh spinach(not baby) in a large pot of boiling saltedwater just until wilted, 1-2 minutes.
- ☐ Drain,then transfer to a bowl of ice water; letcool.
- ☐ Drain and squeeze out excess water.
- ☐ Heat 2 tablespoons toasted sesame oil in alarge nonstick skillet over medium heat.
- ☐ Add 2 chopped garlic cloves and cook,stirring, until fragrant, 1 minute.
- ☐ Addspinach, 2 tablespoons reduced-sodium soysauce, and 1 teaspoon distilled white vinegar.Stir to combine; season with kosher salt andfreshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:17.022608596346%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 51kcal (2.55%), Fat: 3.8g (5.84%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 393.94mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin K: 342.97µg (326.64%), Vitamin A: 6646.45IU (132.93%), Folate: 139.29µg (34.82%), Manganese: 0.68mg (33.94%), Vitamin C: 20.15mg (24.42%), Magnesium: 59.12mg (14.78%), Potassium: 413.94mg (11.83%), Iron: 2mg (11.11%), Vitamin E: 1.51mg (10.04%), Vitamin B2: 0.14mg (8.5%), Vitamin B6: 0.15mg (7.71%), Calcium: 73.32mg (7.33%), Fiber: 1.63g (6.51%), Copper: 0.1mg (4.89%), Phosphorus: 42.7mg (4.27%), Vitamin B1: 0.06mg (3.9%), Vitamin B3: 0.57mg (2.83%), Zinc: 0.42mg (2.78%), Selenium: 0.84µg (1.21%)