



WHATSHEATE



HEALTH SCORE

77%

Greens With Spicy Peanut Sauce



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients



1 teaspoon brown sugar



3 tablespoons creamy peanut butter



0.3 teaspoon pepper red crushed



0.3 cup less-sodium chicken broth fat-free



1 teaspoon olive oil



0.5 teaspoon salt



10 ounce prewashed spinach

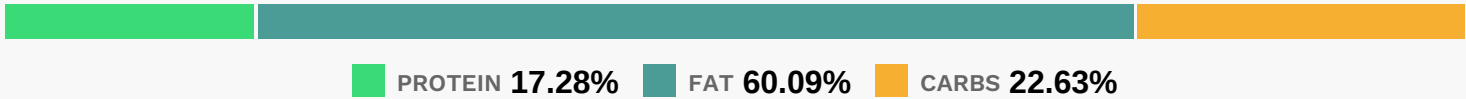
Equipment

☐ dutch oven

Directions

- ☐ Combine first 6 ingredients (through pepper) in a Dutch oven; cook over medium-high heat, stirring constantly until smooth. Stir in spinach; cook 45 seconds or until spinach lightly wilts, stirring constantly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:19.170869582373%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 101.5kcal (5.08%), Fat: 7.45g (11.46%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 458.53mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin K: 343.09µg (326.75%), Vitamin A: 6682.9IU (133.66%), Manganese: 0.82mg (40.84%), Folate: 148µg (37%), Vitamin C: 19.92mg (24.14%), Magnesium: 76.7mg (19.17%), Vitamin E: 2.72mg (18.16%), Potassium: 471.25mg (13.46%), Iron: 2.18mg (12.14%), Vitamin B3: 2.2mg (11.02%), Vitamin B6: 0.2mg (9.82%), Vitamin B2: 0.16mg (9.47%), Fiber: 2.18g (8.71%), Calcium: 78.05mg (7.8%), Phosphorus: 77.38mg (7.74%), Copper: 0.15mg (7.36%), Vitamin B1: 0.07mg (4.88%), Zinc: 0.69mg (4.6%), Selenium: 1.55µg (2.22%), Vitamin B5: 0.19mg (1.93%)