



Holiday Spinach with Red Pepper Ribbons

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- 18 ounce baby spinach fresh
- 3 teaspoons garlic minced
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 0.3 cup pinenuts toasted
- 2 bell peppers red
- 1 teaspoon salt

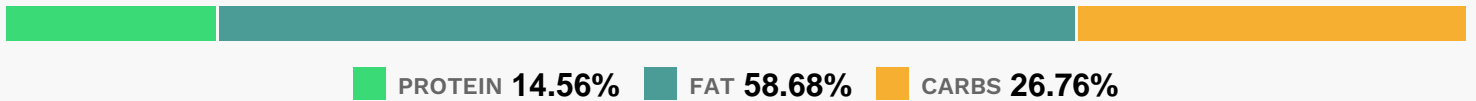
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- ziploc bags

Directions

- Bake peppers on a lightly greased aluminum foil-lined baking sheet at 400 for 30 minutes or until peppers look blistered.
- Place peppers in a zip-top plastic bag, and seal.
- Let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- Cut peppers into thin slices. Set aside.
- Saut garlic in hot olive oil in a large skillet over medium heat 2 minutes.
- Add spinach, 1 bag at a time, and saut just until spinach begins to wilt.
- Add salt and pepper. Cover and reduce heat to medium low. Cook 2 to 3 more minutes or until spinach is completely wilted.
- Drain spinach and return to skillet. Stir in sliced roasted peppers, pine nuts, and, if desired, vinegar. Cook over medium heat 5 minutes or until thoroughly heated, gently tossing to coat.
- Kitchen Express: Substitute 1 (7-ounce) jar roasted red bell peppers, drained and sliced, for 2 red bell peppers. Omit baking procedure, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:31.309130222901%

Flavonoids

Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 136.52kcal (6.83%), Fat: 9.97g (15.33%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.36g (3.74%), Cholesterol: 0mg (0%), Sodium: 685.2mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin K: 626.19µg (596.38%), Vitamin A: 13829.47IU (276.59%), Vitamin C: 112.78mg (136.7%), Manganese: 2.02mg (101.23%), Folate: 277.84µg (69.46%), Magnesium: 130.11mg (32.53%), Vitamin E: 4.83mg (32.17%), Potassium: 900.27mg (25.72%), Iron: 4.27mg (23.7%), Vitamin B6: 0.46mg (22.92%), Vitamin B2: 0.31mg (18.46%), Fiber: 4.48g (17.92%), Copper: 0.3mg (14.89%), Calcium: 137.39mg (13.74%), Phosphorus: 130.33mg (13.03%), Vitamin B1: 0.17mg (11.14%), Vitamin B3: 1.9mg (9.48%), Zinc: 1.4mg (9.33%), Vitamin B5: 0.31mg (3.15%), Selenium: 1.73µg (2.47%)