



HEALTH SCORE

76%

Japanese Spinach with Sweet Sesame Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**7 min.**

SERVINGS

**6**

CALORIES

**91 kcal**

SIDE DISH

Ingredients

- ☐ 4 tablespoons sesame seed black toasted
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons sesame oil
- ☐ 10 cups spinach leaves fresh

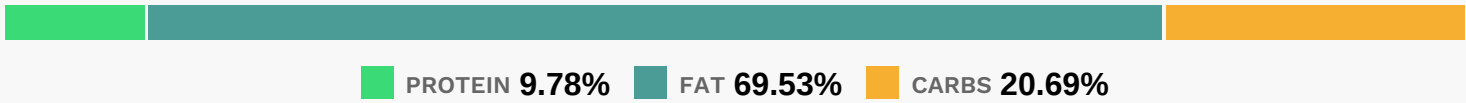
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Heat the sesame oil in a large skillet over medium heat until hot.
- ☐ Add the spinach 3 to 4 cups at a time. Cook and stir to wilt, then add more spinach.
- ☐ Grind the sesame seeds into fine crumbs using a mortar and pestle. When spinach is wilted, move it to the sides of the pan and sprinkle sugar in the center. When the sugar melts, stir in the spinach to coat.
- ☐ Transfer spinach to a serving plate and sprinkle ground sesame seeds on top.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:16.316521670507%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 90.91kcal (4.55%), Fat: 7.51g (11.55%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 40.65mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin K: 242.13µg (230.6%), Vitamin A: 4688.98IU (93.78%), Manganese: 0.58mg (29.05%), Folate: 102.19µg (25.55%), Vitamin C: 14.05mg (17.03%), Magnesium: 58.4mg (14.6%), Copper: 0.28mg (14.18%), Iron: 2.15mg (11.92%), Calcium: 103.16mg (10.32%), Potassium: 306.62mg (8.76%), Vitamin E: 1.09mg (7.29%), Vitamin B6: 0.14mg (7.02%), Fiber: 1.73g (6.92%), Vitamin B2: 0.11mg (6.33%), Phosphorus: 58.13mg (5.81%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.68mg (4.53%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.61mg (3.03%)