



Lori's Special Spinach

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



116 kcal

SIDE DISH

Ingredients

- 8 cups uncut baby spinach raw
- 2 teaspoons pepper black freshly ground
- 0.3 cup chicken broth
- 2 tablespoons garlic minced
- 2 tablespoons olive oil extra-virgin
- 2 teaspoons parmesan grated
- 2 teaspoons sea salt

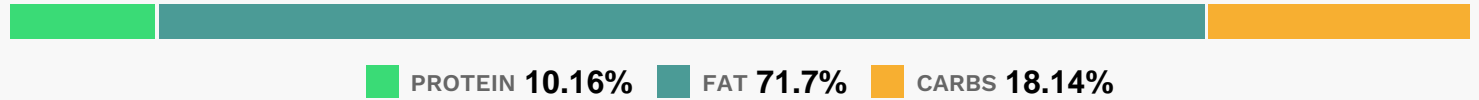
Equipment

pot

Directions

- Heat olive oil in medium stock pot, when hot add spinach and chopped garlic. Cook until fully wilted, then add chicken broth and reduce. Season with salt and pepper.
- Garnish with the Parmesan and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:19.679565309992%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 116.38kcal (5.82%), Fat: 9.94g (15.3%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.52g (0.57%), Cholesterol: 0.98mg (0.33%), Sodium: 1722.43mg (74.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin K: 394.3µg (375.53%), Vitamin A: 7515.IIU (150.3%), Manganese: 0.99mg (49.65%), Folate: 155.63µg (38.91%), Vitamin C: 24.14mg (29.27%), Vitamin E: 3mg (19.99%), Magnesium: 67.41mg (16.85%), Potassium: 491.23mg (14.04%), Iron: 2.48mg (13.76%), Vitamin B6: 0.23mg (11.33%), Calcium: 104.75mg (10.48%), Vitamin B2: 0.18mg (10.42%), Fiber: 2.21g (8.84%), Copper: 0.14mg (7.15%), Phosphorus: 55.14mg (5.51%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.54mg (3.62%), Vitamin B3: 0.69mg (3.45%), Selenium: 1.88µg (2.69%), Vitamin B5: 0.11mg (1.08%)