



Mediterranean Sautéed Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN



6 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 7 ounce baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomatoes chopped

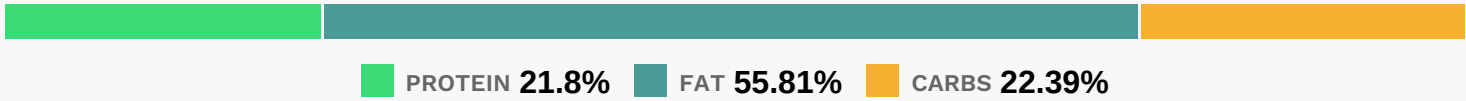
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add spinach, and cook 3 to 4 minutes or just until spinach wilts.
- ☐ Sprinkle spinach mixture with salt and remaining ingredients, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:16.469130276338%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 59.94kcal (3%), Fat: 3.98g (6.13%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.71g (0.79%), Cholesterol: 11.35mg (3.78%), Sodium: 331.12mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin K: 242.16µg (230.63%), Vitamin A: 4861.86IU (97.24%), Folate: 103.19µg (25.8%), Manganese: 0.51mg (25.56%), Vitamin C: 16.96mg (20.56%), Vitamin B2: 0.21mg (12.16%), Calcium: 117.2mg (11.72%), Magnesium: 44.26mg (11.06%), Potassium: 336.6mg (9.62%), Vitamin B6: 0.18mg (9.23%), Vitamin E: 1.28mg (8.51%), Iron: 1.52mg (8.46%), Phosphorus: 74.24mg (7.42%), Fiber: 1.38g (5.51%), Vitamin B1: 0.07mg (4.56%), Zinc: 0.68mg (4.54%), Copper: 0.09mg (4.29%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.22µg (3.59%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.18mg (1.83%)