

## Mommy Bart-Williams' Spinach Leaves



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 2 cubes chicken bouillon
- 1 bell pepper green cut into chunks
- 0.3 habanero pepper to taste
- 2 onions chopped
- 3 tablespoons virgin palm oil light
- 1 tablespoon peanut butter to taste
- 1 teaspoon salt
- 2 bunches pkt spinach fresh cut into thin strips

0.5 cup water

## Equipment

pot

blender

## Directions

Blend onions, green bell pepper, habanero pepper, and oil in a blender until creamy.

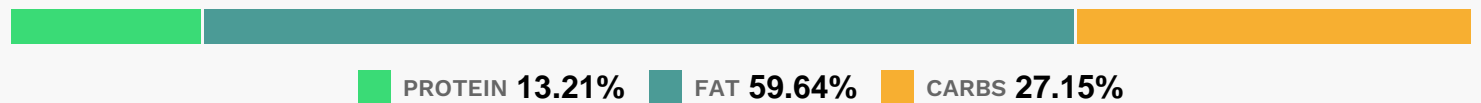
Transfer the onion mixture to a stock pot.

Add water, peanut butter, bouillon cubes, and salt to the onion mixture.

Place a cover on the stock pot and bring the mixture to a boil; cook at a boil for 30 minutes.

Stir the spinach into the boiling mixture; replace the cover on the stock pot and cook until the water has evaporated a bit and the sauce has the consistency of gravy, about 30 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:21.33, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:24.481304401937%

## Flavonoids

Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

## Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 8.88g (13.66%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 5.5g (2%), Sugar: 2.81g (3.12%), Cholesterol: 0mg (0%), Sodium: 492.97mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Vitamin K: 549.64µg (523.47%), Vitamin A: 10705.35IU (214.11%), Vitamin C: 51.1mg (61.95%), Folate: 231.21µg (57.8%), Manganese: 1.13mg (56.45%), Magnesium: 100mg (25%), Vitamin E: 3.74mg (24.95%), Potassium: 737.12mg (21.06%), Iron: 3.27mg (18.17%), Vitamin B6: 0.32mg (16.17%), Fiber: 3.59g (14.35%), Vitamin B2: 0.24mg (13.83%), Calcium: 124.83mg (12.48%), Copper: 0.19mg (9.5%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 79.36mg (7.94%), Vitamin B3: 1.32mg (6.59%), Zinc: 0.76mg (5.07%),

Selenium: 1.43µg (2.04%), Vitamin B5: 0.17mg (1.68%)