



HEALTH SCORE

100%

Papas con Espinacas (Potatoes with Spinach)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 6 servings salt and pepper
- ☐ 1 pound pkt spinach
- ☐ 2 pounds potatoes white halved

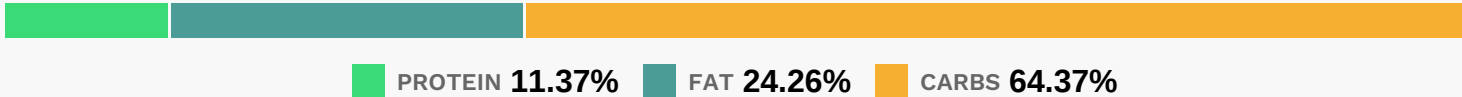
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the potatoes in a pot, cover with water and bring to a boil over medium heat. Salt the water and cook until the potatoes are tender.
- ☐ Drain the potatoes and set aside.In a large saucepan over medium heat.
- ☐ Add the oil, onion, garlic and cook, stirring occasionally, until the onion begins to soften, about 1 minute.
- ☐ Add the spinach and red pepper flakes and cook, about 3 minutes.
- ☐ Add the potatoes, salt and lemon juice.Stir and cook about 5 minutes more. Season with salt and pepper.
- ☐ Serve warm

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:19.96, Inflammation Score:-10, Nutrition Score:25.235217312108%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 181.3kcal (9.06%), Fat: 5.14g (7.9%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 25.49g (9.27%), Sugar: 1.93g (2.14%), Cholesterol: 0mg (0%), Sodium: 264.62mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin K: 370.96µg (353.3%), Vitamin A: 7117.19IU

(142.34%), Vitamin C: 53.93mg (65.36%), Manganese: 0.95mg (47.28%), Folate: 173.19µg (43.3%), Vitamin B6: 0.62mg (31.2%), Potassium: 1080.99mg (30.89%), Magnesium: 95.97mg (23.99%), Fiber: 5.18g (20.71%), Iron: 3.31mg (18.41%), Vitamin E: 2.26mg (15.09%), Copper: 0.27mg (13.52%), Phosphorus: 128.1mg (12.81%), Vitamin B1: 0.19mg (12.49%), Vitamin B2: 0.2mg (11.54%), Vitamin B3: 2.17mg (10.87%), Calcium: 97.98mg (9.8%), Zinc: 0.87mg (5.83%), Vitamin B5: 0.52mg (5.21%), Selenium: 1.48µg (2.11%)