



WHATSheATE



Quick and Easy Sauteed Spinach



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients



1.5 teaspoons garlic salt



1 tablespoon olive oil extra-virgin



0.3 cup parmesan cheese grated



10 ounce spinach leaves

Equipment

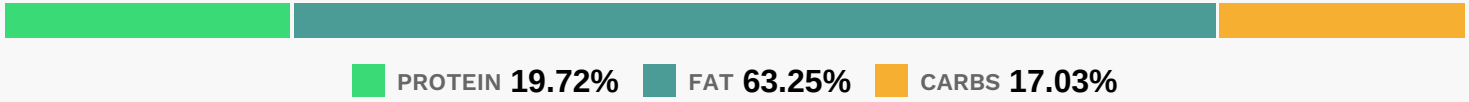


frying pan

Directions

- ☐
- Heat the olive oil in a large skillet over medium heat.
- ☐
- Add the spinach to the skillet and cover; allow to cook 5 minutes. Stir in the garlic salt and cover again for another 5 minutes; remove from heat.
- ☐
- Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:17.634347740075%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 73.55kcal (3.68%), Fat: 5.53g (8.5%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.3g (0.34%), Cholesterol: 5.44mg (1.81%), Sodium: 1037.49mg (45.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin K: 344.53µg (328.13%), Vitamin A: 6699.9IU (134%), Folate: 137.87µg (34.47%), Manganese: 0.64mg (32.17%), Vitamin C: 19.92mg (24.14%), Magnesium: 58.2mg (14.55%), Vitamin E: 1.97mg (13.16%), Calcium: 125.99mg (12.6%), Potassium: 407.19mg (11.63%), Iron: 1.98mg (10.98%), Vitamin B2: 0.16mg (9.15%), Phosphorus: 74.35mg (7.44%), Vitamin B6: 0.14mg (7.16%), Fiber: 1.56g (6.24%), Copper: 0.1mg (4.77%), Zinc: 0.65mg (4.32%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.08µg (1.41%)