



HEALTH SCORE

100%

Quick Parmesan Spinach



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves pressed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 30 ounce pkt spinach fresh

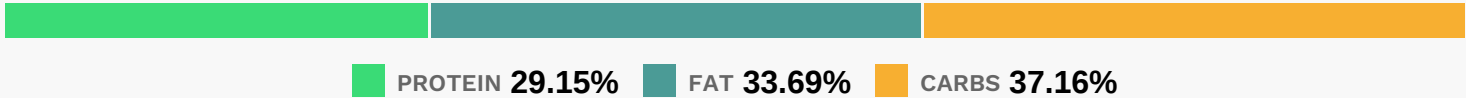
Equipment

☐ frying pan

Directions

- ☐ Saut garlic in hot oil in a large skillet coated with cooking spray over medium-high heat 1 minute.
- ☐ Add spinach, 1 handful at a time, and saut just until spinach begins to wilt.
- ☐ Add salt, red pepper, and lemon juice, gently tossing to coat.
- ☐ Remove from heat, and sprinkle evenly with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:25.079999812109%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 53.71kcal (2.69%), Fat: 2.38g (3.66%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.68g (0.75%), Cholesterol: 1.45mg (0.48%), Sodium: 238.29mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin K: 685.56µg (652.91%), Vitamin A: 13341.01IU (266.82%), Folate: 275.71µg (68.93%), Manganese: 1.29mg (64.59%), Vitamin C: 41.17mg (49.91%), Magnesium: 113.09mg (28.27%), Potassium: 802.32mg (22.92%), Iron: 3.88mg (21.57%), Vitamin E: 3.11mg (20.72%), Vitamin B2: 0.28mg (16.23%), Calcium: 157.22mg (15.72%), Vitamin B6: 0.29mg (14.67%), Fiber: 3.17g (12.68%), Copper: 0.19mg (9.44%), Phosphorus: 82mg (8.2%), Vitamin B1: 0.11mg (7.59%), Zinc: 0.84mg (5.59%), Vitamin B3: 1.04mg (5.22%), Selenium: 2.15µg (3.08%), Vitamin B5: 0.11mg (1.07%)