



Sautéed Garlicky Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

Equipment

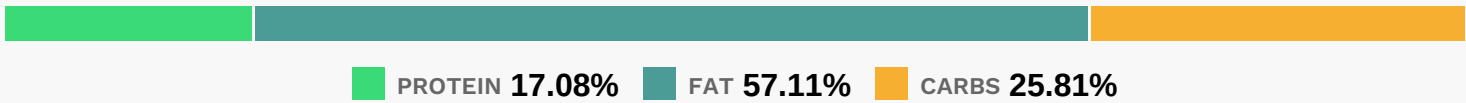
- ☐ frying pan
- ☐ dutch oven

☐ tongs

Directions

- ☐ Heat oil in a large deep skillet or Dutch oven over medium heat.
- ☐ Add garlic; cook 1 minute or until golden.
- ☐ Add half of spinach; cook, 1 minute, turning with tongs.
- ☐ Add remaining half of spinach, cook 1 minute, turning with tongs, until spinach wilts. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:18.731739150441%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 54.17kcal (2.71%), Fat: 3.85g (5.92%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 213.01mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin K: 413.13µg (393.46%), Vitamin A: 7975.89IU (159.52%), Folate: 165.08µg (41.27%), Manganese: 0.82mg (40.84%), Vitamin C: 24.6mg (29.82%), Magnesium: 67.97mg (16.99%), Vitamin E: 2.23mg (14.89%), Potassium: 485.32mg (13.87%), Iron: 2.38mg (13.2%), Vitamin B6: 0.19mg (9.71%), Vitamin B2: 0.16mg (9.61%), Calcium: 88.95mg (8.89%), Fiber: 1.95g (7.8%), Copper: 0.12mg (5.95%), Vitamin B1: 0.07mg (4.73%), Phosphorus: 45.31mg (4.53%), Zinc: 0.48mg (3.19%), Vitamin B3: 0.63mg (3.16%), Selenium: 1.18µg (1.68%)