



Sautéed Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



18 kcal

SIDE DISH

Ingredients



5 ounce baby spinach fresh



0.3 teaspoon pepper red crushed



1 teaspoon olive oil



1 teaspoon red wine vinegar



0.3 teaspoon salt

Equipment

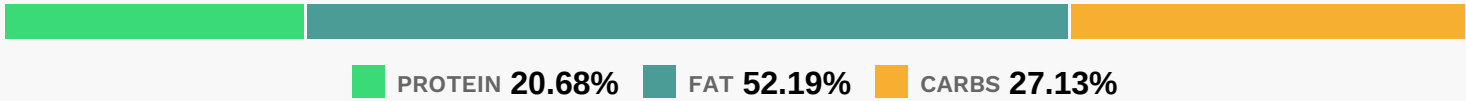


frying pan

Directions

- ☐ Combine spinach and oil in a large nonstick skillet. Cook over medium heat 2 minutes or until wilted.
- ☐ Sprinkle with salt, pepper, and vinegar.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:11.339999874649%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 17.58kcal (0.88%), Fat: 1.16g (1.78%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 175.51mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin K: 171.89µg (163.71%), Vitamin A: 3359.98IU (67.2%), Folate: 68.78µg (17.2%), Manganese: 0.32mg (16.05%), Vitamin C: 9.96mg (12.08%), Magnesium: 28.24mg (7.06%), Vitamin E: 0.91mg (6.07%), Potassium: 200.7mg (5.73%), Iron: 0.99mg (5.52%), Vitamin B2: 0.07mg (4.01%), Vitamin B6: 0.07mg (3.59%), Calcium: 35.67mg (3.57%), Fiber: 0.82g (3.29%), Copper: 0.05mg (2.38%), Vitamin B1: 0.03mg (1.86%), Phosphorus: 17.84mg (1.78%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.19mg (1.29%)