



Sauteed Spinach and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 9 ounce baby spinach fresh
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced

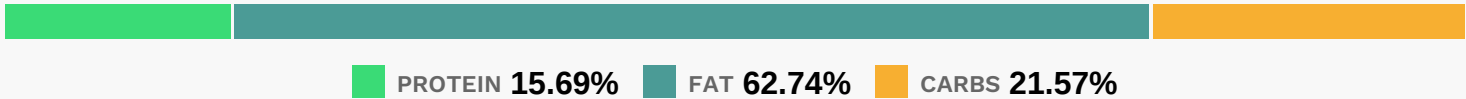
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large skillet over medium-high heat.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add spinach; saut 2 minutes or until spinach wilts. Stir in pine nuts and salt.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:16.999130510766%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 50.98kcal (2.55%), Fat: 3.96g (6.09%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.55g (0.62%), Cholesterol: 0mg (0%), Sodium: 123.41mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin K: 310.88µg (296.08%), Vitamin A: 5982.08IU (119.64%), Manganese: 0.8mg (39.99%), Folate: 125.45µg (31.36%), Vitamin C: 18.14mg (21.99%), Magnesium: 57.19mg (14.3%), Vitamin E: 1.88mg (12.53%), Potassium: 379.22mg (10.83%), Iron: 1.9mg (10.54%), Vitamin B2: 0.13mg (7.45%), Vitamin B6: 0.14mg (6.77%), Calcium: 64.52mg (6.45%), Fiber: 1.58g (6.3%), Copper: 0.12mg (5.91%), Phosphorus: 47.13mg (4.71%), Vitamin B1: 0.06mg (4.02%), Zinc: 0.51mg (3.4%), Vitamin B3: 0.58mg (2.88%)