



HEALTH SCORE

100%

Sautéed Spinach with Almonds and Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

Ingredients



12 ounce baby spinach



0.1 teaspoon pepper black freshly ground



2 garlic cloves peeled smashed



0.3 cup golden raisins



1 tablespoon olive oil



0.1 teaspoon pepper dried red crushed



0.3 teaspoon salt



0.3 cup slivered almonds

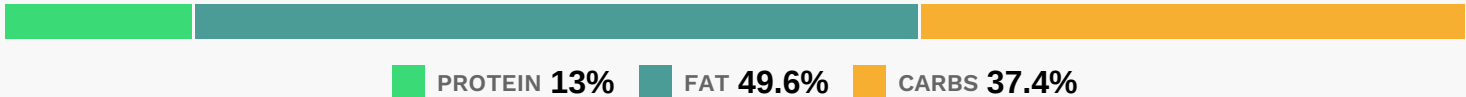
Equipment

- ☐ sauce pan
- ☐ tongs

Directions

- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add garlic; cook 30 seconds.
- ☐ Add spinach and next 3 ingredients. Cover and cook 3 minutes, tossing occasionally with tongs until spinach wilts. Stir in raisins and almonds; cook 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:80.33, Glycemic Load:8.95, Inflammation Score:-10, Nutrition Score:33.956956645717%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 11.4mg, Kaempferol: 11.4mg, Kaempferol: 11.4mg, Kaempferol: 11.4mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 239.04kcal (11.95%), Fat: 14.52g (22.34%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 18.35g (6.67%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 430.1mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin K: 826.81µg (787.43%), Vitamin A: 15988.16IU (319.76%), Manganese: 1.96mg (97.95%), Folate: 336.62µg (84.15%), Vitamin C: 49.31mg (59.77%), Vitamin E: 7.99mg (53.27%), Magnesium: 178.33mg (44.58%), Potassium: 1199.57mg (34.27%), Iron: 5.56mg (30.9%), Vitamin B2: 0.51mg (30.28%), Fiber: 6.29g (25.17%), Vitamin B6: 0.45mg (22.45%), Calcium: 220.96mg (22.1%), Copper: 0.44mg (21.9%), Phosphorus: 174.29mg (17.43%), Vitamin B1: 0.17mg (11.22%), Vitamin B3: 1.96mg

(9.82%), Zinc: 1.42mg (9.49%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.22mg (2.2%)