



HEALTH SCORE

100%

Sautéed Spinach with Basil



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups basil fresh
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 2 ounces pinenuts
- ☐ 10 ounces pkt spinach fresh

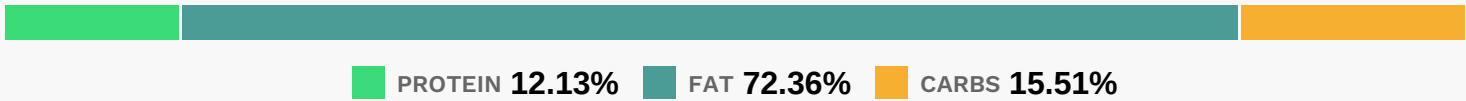
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Heat the oil in a large skillet over medium-low heat.
- ☐ Add the garlic and cook for 2 minutes.
- ☐ Add the pine nuts and cook until lightly golden, about 3 minutes. Increase heat to medium and add the spinach, salt, pepper, and 2 tablespoons of water. Cover and cook, tossing occasionally with tongs, until the spinach wilts, about 4 minutes.
- ☐ Remove from heat.
- ☐ Add the basil and toss until it wilts, about 1 minute.
- ☐ Serve immediately.Tips: -
- ☐ Serve this quick side dish with grilled chicken, fish, lamb, pork, or steak. Or toss it with pasta for a last-minute main dish. - If you cant find basil, just omit from the recipe.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:23.529565251392%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 136.92kcal (6.85%), Fat: 12.07g (18.57%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 348.01mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 401.22µg (382.11%), Vitamin A: 7283.9IU (145.68%), Manganese: 2.09mg (104.4%), Folate: 150.59µg (37.65%), Vitamin C: 23.12mg (28.03%), Magnesium: 100.22mg (25.06%), Vitamin E: 3.15mg (20.99%), Iron: 3.16mg (17.57%), Copper: 0.34mg (16.82%), Potassium: 529.27mg (15.12%), Phosphorus: 127.74mg (12.77%), Vitamin B2: 0.18mg (10.52%), Vitamin B6: 0.21mg (10.38%), Calcium: 99.86mg (9.99%), Zinc: 1.42mg (9.49%), Fiber: 2.37g (9.48%), Vitamin B1: 0.12mg (7.81%), Vitamin B3: 1.27mg (6.33%), Selenium: 1.28µg (1.82%), Vitamin B5: 0.14mg (1.35%)