



Sauteed Spinach with Carrots, Raisins and Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp planters almonds toasted sliced
- 0.5 cup carrots shredded
- 0.3 cup lite house dressing italian kraft
- 0.3 cup raisins
- 10 oz pkt spinach fresh

Equipment

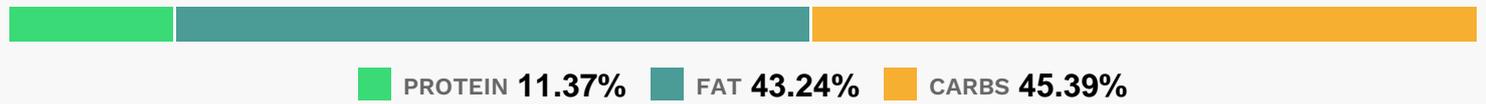
- bowl

- frying pan
- sauce pan
- tongs

Directions

- Bring dressing and raisins to boil in large saucepan.
- Add spinach; cover. Cook on medium heat 1 min.
- Add carrots. Turn spinach with tongs so unwilted spinach is on bottom of pan; cook, covered, 1 min. or just until all spinach is wilted.
- Spoon into bowl; top with nuts.

Nutrition Facts



Properties

Glycemic Index:9.84, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:8.9573911454367%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 30.37kcal (1.52%), Fat: 1.59g (2.44%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 57.46mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin K: 94.04µg (89.56%), Vitamin A: 2486.44IU (49.73%), Manganese: 0.21mg (10.69%), Folate: 38.14µg (9.53%), Vitamin C: 5.71mg (6.92%), Vitamin E: 0.84mg (5.59%), Magnesium: 19.96mg (4.99%), Potassium: 152.11mg (4.35%), Iron: 0.65mg (3.6%), Fiber: 0.87g (3.47%), Vitamin B2: 0.06mg (3.4%), Vitamin B6: 0.05mg (2.58%), Calcium: 24.89mg (2.49%), Copper: 0.05mg (2.41%), Phosphorus: 19.57mg (1.96%), Vitamin B1: 0.02mg (1.59%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.16mg (1.06%)