



Sautéed Spinach with Chopped Egg



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce baby spinach fresh divided
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper red divided crushed
- ☐ 3 large eggs
- ☐ 1 cup onion divided chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon vegetable oil divided

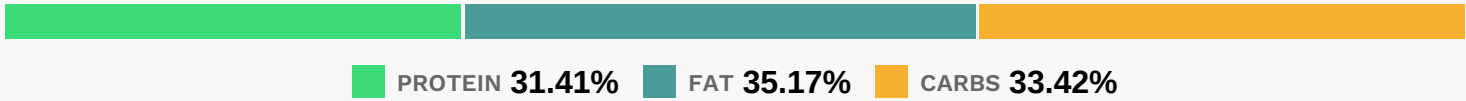
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Place eggs in a large saucepan. Cover with water to 1 inch above eggs, and bring just to a boil.
- ☐ Remove from heat. Cover and let stand 15 minutes.
- ☐ Drain and rinse with cold running water until cool.
- ☐ Remove shells.
- ☐ Cut 2 eggs in half lengthwise, and remove and discard the yolks. Coarsely chop egg whites and remaining egg.
- ☐ Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat.
- ☐ Add 1/2 cup onion, and saut 5 minutes or until browned.
- ☐ Add 1/2 teaspoon red pepper; saut 30 seconds.
- ☐ Add half of spinach; saut 3 minutes or until wilted.
- ☐ Remove from pan. Repeat procedure with the remaining oil, onion, red pepper, and spinach.
- ☐ Place the spinach mixture in a colander, and drain well. Return spinach mixture to pan; stir in salt and black pepper. Cook over medium-high heat 2 minutes or until thoroughly heated, stirring constantly.
- ☐ Sprinkle with the chopped egg.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:22.865652063619%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 6.91mg, Kaempferol: 6.91mg, Kaempferol: 6.91mg, Kaempferol:

6.91mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 65.1kcal (3.25%), Fat: 2.82g (4.34%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 3.24g (1.18%), Sugar: 1.38g (1.54%), Cholesterol: 69.75mg (23.25%), Sodium: 333.54mg (14.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin K: 515.02µg (490.49%), Vitamin A: 10144.87IU (202.9%), Folate: 218.94µg (54.73%), Manganese: 1mg (49.87%), Vitamin C: 31.36mg (38.01%), Magnesium: 88.72mg (22.18%), Potassium: 654.04mg (18.69%), Iron: 3.3mg (18.35%), Vitamin B2: 0.29mg (17.32%), Vitamin E: 2.5mg (16.67%), Vitamin B6: 0.27mg (13.43%), Calcium: 121.58mg (12.16%), Fiber: 2.78g (11.13%), Selenium: 6.97µg (9.96%), Phosphorus: 95.87mg (9.59%), Copper: 0.16mg (8.15%), Vitamin B1: 0.1mg (6.69%), Zinc: 0.85mg (5.68%), Vitamin B3: 0.84mg (4.18%), Vitamin B5: 0.38mg (3.84%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%)