




Sautéed Spinach with Raisins and Pine Nuts

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- 12 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 0.1 teaspoon pepper red crushed
- 2 garlic cloves minced
- 0.3 cup golden raisins
- 1 Dash ground nutmeg
- 1 teaspoon olive oil
- 4 teaspoons pinenuts

0.3 teaspoon salt

Equipment

frying pan

slotted spoon

Directions

Place pine nuts in a large nonstick skillet over medium-high heat; cook 3 minutes or until lightly browned, stirring constantly.

Remove from pan; set aside.

Heat oil in pan over medium-high heat.

Add garlic; saut 30 seconds.

Add spinach; cook 4 minutes or until spinach wilts, stirring occasionally.

Remove from heat; sprinkle with salt and next 3 ingredients.

Add pine nuts and raisins; toss well.

Serve immediately with a slotted spoon.

Nutrition Facts



PROTEIN 13.89% **FAT 27.58%** **CARBS 58.53%**

Properties

Glycemic Index:55.17, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:20.146956687388%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 82.39kcal (4.12%), Fat: 2.87g (4.41%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.67g (8.53%), Cholesterol: 0mg (0%), Sodium: 215.39mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin K: 413.18µg (393.51%), Vitamin A: 7995.19IU (159.9%), Manganese: 1.03mg (51.29%), Folate: 166.31µg (41.58%), Vitamin C: 24.78mg (30.03%), Magnesium:

77.58mg (19.4%), Potassium: 586.46mg (16.76%), Iron: 2.69mg (14.97%), Vitamin E: 2.1mg (13.99%), Vitamin B6: 0.23mg (11.37%), Vitamin B2: 0.19mg (11.23%), Fiber: 2.57g (10.26%), Copper: 0.19mg (9.51%), Calcium: 94.96mg (9.5%), Phosphorus: 70.28mg (7.03%), Vitamin B1: 0.08mg (5.25%), Vitamin B3: 0.86mg (4.32%), Zinc: 0.65mg (4.3%), Selenium: 1.19µg (1.69%)