



Speedy soy spinach



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 garlic clove
- ☐ 200 g pkt spinach
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp sesame seed toasted

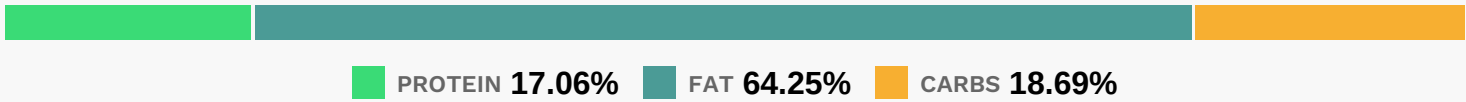
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan and cook the garlic for a few secs. Tip in the spinach and cook for 2 mins, stirring often until just beginning to wilt.
- ☐ Drizzle over the soy sauce, toss through and scatter with sesame seeds. Great served with chicken or grills.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:15.678260709928%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 60.97kcal (3.05%), Fat: 4.73g (7.27%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 542.61mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Vitamin K: 247.77µg (235.97%), Vitamin A: 4688.77IU (93.78%), Manganese: 0.56mg (28.07%), Folate: 100.82µg (25.21%), Vitamin C: 14.28mg (17.31%), Magnesium: 51.19mg (12.8%), Iron: 1.91mg (10.61%), Potassium: 311.62mg (8.9%), Vitamin E: 1.3mg (8.66%), Copper: 0.17mg (8.56%), Calcium: 74.6mg (7.46%), Vitamin B6: 0.14mg (7.13%), Vitamin B2: 0.11mg (6.74%), Fiber: 1.45g (5.81%), Phosphorus: 51.5mg (5.15%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.82mg (4.12%), Zinc: 0.49mg (3.25%), Selenium: 1.45µg (2.08%)