




 **84%**
HEALTH SCORE

Spicy and Sweet Spinach


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




15 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- 3 cloves garlic minced
- 0.3 cup golden raisins
- 6 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 1 teaspoon pepper flakes dried red
- 1 pound pkt spinach fresh

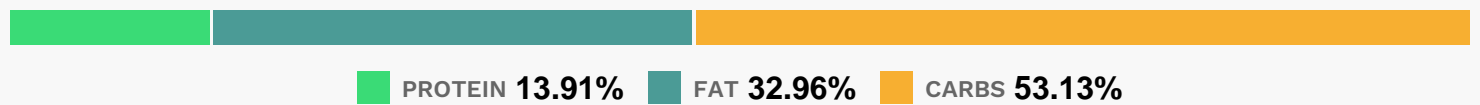
Equipment

- frying pan

Directions

- Heat olive oil in large skillet over medium-high heat; stir in the garlic and cook until just beginning to brown.
- Add the fresh spinach and stir to coat with the oil. Season with red pepper flakes, salt, and ground black pepper. Cover the skillet and cook for 4 to 5 minutes.
- Pour in a little bit of liquid (water or broth) if your skillet seems dry. As the spinach cooks, it will wilt and reduce in size. Once the spinach is cooked through, add raisins and stir for 1 more minute, until heated through.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:18.189565114353%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 65.77kcal (3.29%), Fat: 2.72g (4.19%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.13g (5.69%), Cholesterol: 0mg (0%), Sodium: 66.48mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin K: 367.37µg (349.88%), Vitamin A: 7188.41IU (143.77%), Manganese: 0.75mg (37.32%), Folate: 147.06µg (36.76%), Vitamin C: 21.97mg (26.63%), Magnesium: 63.59mg (15.9%), Potassium: 495.8mg (14.17%), Vitamin E: 2.01mg (13.4%), Iron: 2.3mg (12.77%), Vitamin B6: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.6%), Fiber: 2.16g (8.63%), Calcium: 83.39mg (8.34%), Copper: 0.14mg (6.83%), Phosphorus: 49.76mg (4.98%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.69mg (3.45%), Zinc: 0.46mg (3.06%), Selenium: 1.1µg (1.57%)