



Spicy Sautéed Spinach



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 2 pepper dried red crushed
- ☐ 4 bunches flat parsley stemmed coarsely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 6 servings pepper freshly ground
- ☐ 1 bunch spring onion coarsely chopped
- ☐ 2 tablespoons ghee (clarified butter)
- ☐ 2 teaspoons mustard seeds yellow

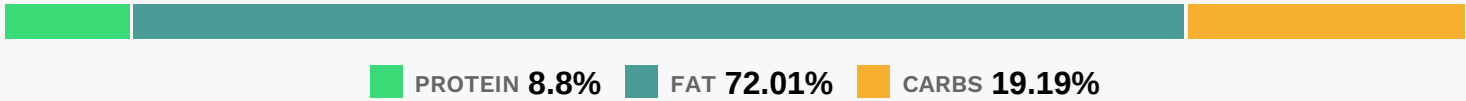
Equipment

frying pan

Directions

- Heat ghee in a large skillet over medium–highheat.
- Add scallions, chiles, garlic,and mustard seeds. Cook, stirring often,until garlic begins to brown and mustardseeds pop, about 1 minute.
- Add spinachto skillet by the handful, allowing it to wiltbetween additions. Cook, tossing often,until spinach is tender, 5–8 minutes. Seasonwith salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:13.790434795877%

Flavonoids

Apigenin: 81.87mg, Apigenin: 81.87mg, Apigenin: 81.87mg, Apigenin: 81.87mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 5.66mg, Myricetin: 5.66mg, Myricetin: 5.66mg, Myricetin: 5.66mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 65.68kcal (3.28%), Fat: 5.66g (8.7%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.5g (0.55%), Cholesterol: 12.8mg (4.27%), Sodium: 22.89mg (1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin K: 631.75µg (601.67%), Vitamin A: 3251.83IU (65.04%), Vitamin C: 51.68mg (62.64%), Folate: 62µg (15.5%), Iron: 2.54mg (14.11%), Potassium: 234.93mg (6.71%), Fiber: 1.54g (6.15%), Manganese: 0.12mg (6.09%), Calcium: 60.34mg (6.03%), Magnesium: 23.97mg (5.99%), Copper: 0.07mg (3.55%), Phosphorus: 33.59mg (3.36%), Zinc: 0.5mg (3.31%), Selenium: 2.3µg (3.28%), Vitamin B1: 0.05mg (3.01%), Vitamin B3: 0.58mg (2.89%), Vitamin B6: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.63%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.17mg (1.71%)