



 **80%**
HEALTH SCORE

Spinach and Garbanzo Skillet

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 3 cups baby spinach fresh chopped
- 15 ounces garbanzo beans rinsed drained canned
- 0.5 teaspoon cornstarch
- 1 tablespoon basil dried fresh minced
- 1 garlic clove minced
- 1 teaspoon honey
- 1 tablespoon olive oil

- 0.1 teaspoon pepper
- 2 plum tomatoes chopped
- 1 tablespoon rice vinegar
- 2 tablespoons water
- 1 medium to 3 sized squashes yellow cut in half lengthwise, then into 1/4-inch slices

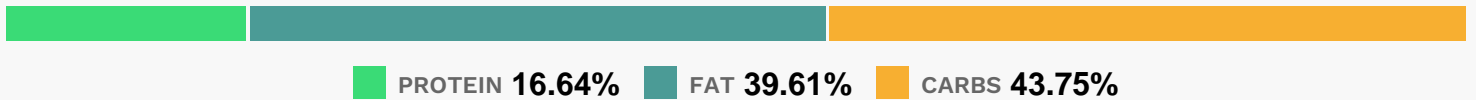
Equipment

- bowl
- frying pan
- wok

Directions

- In a large nonstick skillet or wok, saute the garlic, basil and pepper in hot oil for 30 seconds. Stir in beans and squash until evenly coated with spices. Cover and cook for 4 minutes, stirring three times.
- In a small bowl, combine the cornstarch, water, vinegar and honey until smooth. Stir into bean mixture. Cook and stir for 1-2 minutes or until slightly thickened. Stir in spinach and tomatoes; heat through.
- Sprinkle with almonds.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.15, Glycemic Load:5.55, Inflammation Score:-9, Nutrition Score:21.341304347826%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.24mg, Naringenin:

0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin:
0.17mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol:
1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.13mg, Myricetin: 0.13mg,
Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 186.98kcal (9.35%), Fat: 8.73g (13.43%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 21.69g (7.23%), Net
Carbohydrates: 14.47g (5.26%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 317.42mg (13.8%), Protein:
8.25g (16.5%), Vitamin K: 131.96µg (125.68%), Manganese: 1.45mg (72.31%), Vitamin A: 2489.91IU (49.8%), Vitamin
B6: 0.71mg (35.48%), Fiber: 7.22g (28.87%), Folate: 94.79µg (23.7%), Vitamin C: 19.26mg (23.34%), Magnesium:
81.31mg (20.33%), Iron: 3.33mg (18.51%), Vitamin E: 2.77mg (18.45%), Copper: 0.32mg (16.03%), Potassium:
553.81mg (15.82%), Phosphorus: 154.04mg (15.4%), Vitamin B2: 0.21mg (12.53%), Calcium: 110.05mg (11%), Zinc:
1.31mg (8.75%), Vitamin B1: 0.1mg (6.71%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.48mg (4.78%), Selenium:
2.87µg (4.09%)