



Spinach-Garlic Yogurt



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups greek yogurt plain 2%
- ☐ 22 ounce baby spinach
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 garlic clove finely grated
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

Equipment

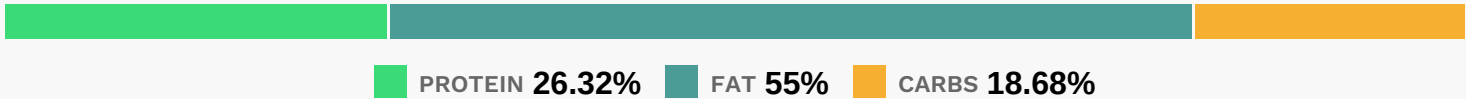
- ☐ bowl

- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over high heat.
- ☐ Add half of spinach and cook, tossing often, until just wilted; transfer to a colander and let cool. Repeat with 1 tablespoon oil and remaining spinach. Squeeze spinach well to remove excess water, then coarsely chop.
- ☐ Mix chopped spinach, garlic, yogurt, cilantro, and remaining 1 tablespoon oil in a medium bowl; season with salt. Cover and chill at least 1 hour before serving.
- ☐ DO AHEAD: Spinach-garlic yogurt can be made 1 day ahead. Keep chilled (garlic flavor will intensify as it sits).

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:22.753478257552%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 117.34kcal (5.87%), Fat: 7.6g (11.69%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.09g (2.32%), Cholesterol: 2.5mg (0.83%), Sodium: 294.75mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Vitamin K: 510.43µg (486.12%), Vitamin A: 9839.25IU (196.78%), Folate: 206µg (51.5%), Manganese: 0.95mg (47.57%), Vitamin C: 29.73mg (36.03%), Magnesium: 88.1mg (22.02%), Vitamin E: 3.16mg (21.05%), Vitamin B2: 0.34mg (19.98%), Potassium: 659.59mg (18.85%), Iron: 2.92mg (16.25%), Calcium: 160.4mg (16.04%), Vitamin B6: 0.24mg (12.14%), Phosphorus: 120.34mg (12.03%), Fiber: 2.33g (9.34%), Selenium: 6.07µg (8.68%), Copper: 0.15mg (7.41%), Vitamin B1: 0.09mg (6.26%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.83mg (5.53%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.24mg (2.44%)