



Spinach Saute

 Vegetarian  Gluten Free  Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- 0.3 cup cream cheese softened
- 4 teaspoons juice of lemon
- 1 pinch salt
- 1 bunch pkt spinach fresh stemmed rinsed
- 0.1 cup water

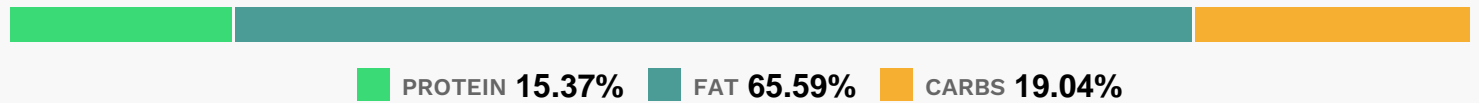
Equipment

- frying pan

Directions

- Bring the water to a boil in a skillet over medium heat.
- Add spinach all at once, and reduce heat slightly. Cover, and let cook for about 3 minutes, or until spinach is not quite tender.
- Stir in the cream cheese and lemon juice, and season with salt. Cook, stirring, until the cream cheese is melted and well blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:19.007826045803%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 86.86kcal (4.34%), Fat: 6.85g (10.54%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.19g (1.33%), Cholesterol: 19.11mg (6.37%), Sodium: 136.66mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 410.95µg (391.38%), Vitamin A: 8224.8IU (164.5%), Folate: 167.6µg (41.9%), Manganese: 0.77mg (38.26%), Vitamin C: 25.82mg (31.3%), Magnesium: 69.23mg (17.31%), Potassium: 504.42mg (14.41%), Iron: 2.33mg (12.94%), Vitamin E: 1.9mg (12.64%), Vitamin B2: 0.2mg (12.05%), Calcium: 103.03mg (10.3%), Vitamin B6: 0.18mg (8.93%), Fiber: 1.88g (7.54%), Phosphorus: 62.29mg (6.23%), Copper: 0.12mg (5.79%), Vitamin B1: 0.07mg (4.79%), Zinc: 0.55mg (3.66%), Selenium: 2.48µg (3.55%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.17mg (1.7%)