



WHATSheATE



HEALTH SCORE

91%

Spinach Saute



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces pre-washed baby spinach
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon garlic crushed
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup onions frozen

Equipment

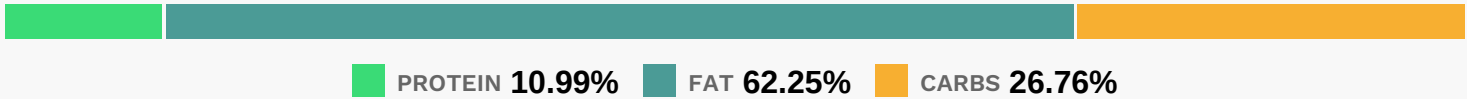
- ☐ frying pan

☐ tongs

Directions

- ☐ In a large saute pan, heat oil over medium heat.
- ☐ Add garlic and onions and saute for 2 minutes. Turn heat up to medium-high and add spinach in handfuls, constantly tossing and moving with tongs as it wilts down. As soon as spinach has completely wilted remove from heat, season with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:19.640434710876%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 98.81kcal (4.94%), Fat: 7.38g (11.35%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 262.87mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin K: 415.33µg (395.56%), Vitamin A: 7976.42IU (159.53%), Folate: 172.63µg (43.16%), Manganese: 0.84mg (42.01%), Vitamin C: 27.09mg (32.84%), Vitamin E: 2.74mg (18.29%), Magnesium: 71.55mg (17.89%), Potassium: 537.42mg (15.35%), Iron: 2.45mg (13.62%), Vitamin B6: 0.22mg (11.17%), Fiber: 2.59g (10.37%), Vitamin B2: 0.17mg (10.15%), Calcium: 95.39mg (9.54%), Copper: 0.13mg (6.49%), Vitamin B1: 0.09mg (5.76%), Phosphorus: 54.58mg (5.46%), Zinc: 0.53mg (3.53%), Vitamin B3: 0.67mg (3.34%), Selenium: 1.16µg (1.66%), Vitamin B5: 0.11mg (1.1%)