



WHATSheATE



Spinach with Fried Shallots



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby spinach rinsed
- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon chicken stock see
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon shaoxing rice wine dry
- ☐ 2 tablespoons fried shallots divided
- ☐ 1.5 teaspoons thai fish sauce

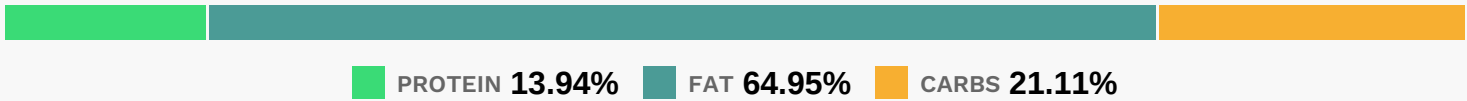
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Heat a wok over high heat until very hot; the metal will have a matte appearance and a drop of water flicked onto its surface should evaporate on contact.
- ☐ Add oil and heat until shimmering but not smoking.
- ☐ Add 1 tbsp. fried shallots and garlic, cook 10 seconds, then add spinach and rice wine and toss to combine.
- ☐ Add fish sauce and chicken stock and continue stir-frying, tossing ingredients together, until spinach wilts, 30 seconds to 1 minute.
- ☐ Transfer to a bowl.
- ☐ Sprinkle with rest of fried shallots.
- ☐ *Find nutty, slightly sweet Shaoxing rice wine at Asian markets and some liquor stores.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:22.234347794367%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 7.49g (11.53%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.01g (1.13%), Cholesterol: 0.11mg (0.04%), Sodium: 272.31mg (11.84%), Alcohol: 0.6g (100%), Alcohol %: 0.56% (100%), Protein: 3.62g (7.24%), Vitamin K: 552.76µg (526.44%), Vitamin A: 10633.96IU (212.68%), Folate: 223.04µg (55.76%), Manganese: 1.04mg (52.16%), Vitamin C: 32.4mg (39.27%), Magnesium: 95.04mg (23.76%), Vitamin E: 3.53mg (23.54%), Potassium: 662.32mg (18.92%), Iron: 3.17mg (17.6%), Vitamin B2: 0.22mg (12.95%), Vitamin B6: 0.25mg (12.71%), Calcium: 116.06mg (11.61%), Fiber: 2.66g (10.65%), Copper: 0.16mg (7.82%), Vitamin B1: 0.09mg (6.25%), Phosphorus: 60.53mg (6.05%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.64mg (4.24%), Selenium: 1.59µg (2.27%)