



Spinach with Lemon and Currants



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup currants dried
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup optional: lemon minced (including peel)
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt
- ☐ 3 qt spinach leaves rinsed drained
- ☐ 1 teaspoon sugar

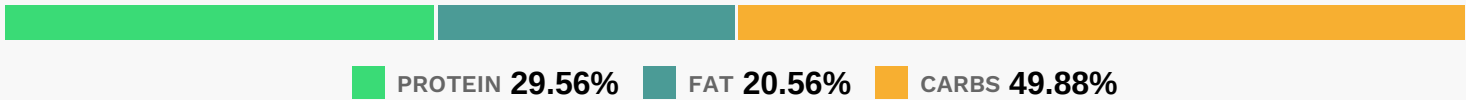
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a 14- to 15-inch wok or 6- to 8-quart pan over high heat, stir butter, currants, lemon, and sugar until lemon is tinged with brown, about 3 minutes.
- ☐ Scrape into a bowl.
- ☐ Add spinach leaves and nutmeg to wok. Stir often over high heat until spinach is wilted and browned bits in pan are released, 2 to 3 minutes. Stir in currant mixture and salt to taste.
- ☐ Pour into a bowl.

Nutrition Facts



Properties

Glycemic Index:55.65, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:59.866521586543%

Flavonoids

Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 5.51mg, Luteolin: 5.51mg, Luteolin: 5.51mg, Luteolin: 5.51mg Kaempferol: 45.29mg, Kaempferol: 45.29mg, Kaempferol: 45.29mg, Kaempferol: 45.29mg Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg Quercetin: 28.33mg, Quercetin: 28.33mg, Quercetin: 28.33mg, Quercetin: 28.33mg

Nutrients (% of daily need)

Calories: 229.29kcal (11.46%), Fat: 6.42g (9.88%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 35.05g (11.68%), Net Carbohydrates: 18.61g (6.77%), Sugar: 9.99g (11.1%), Cholesterol: 0mg (0%), Sodium: 758.76mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin K: 3430.57µg (3267.21%), Vitamin A: 66564.38IU (1331.29%), Folate: 1379.49µg (344.87%), Manganese: 6.42mg (321.03%), Vitamin C: 206.9mg (250.78%), Magnesium: 565.48mg (141.37%), Potassium: 4049.67mg (115.7%), Iron: 19.51mg (108.4%), Vitamin E: 14.94mg (99.61%), Vitamin B2: 1.36mg (79.84%), Calcium: 714.66mg (71.47%), Vitamin B6: 1.42mg (71.08%), Fiber: 16.43g (65.74%), Copper: 0.96mg (47.86%), Vitamin B1: 0.57mg (38.28%), Phosphorus: 359.35mg (35.93%), Vitamin B3: 5.3mg (26.5%), Zinc: 3.81mg (25.39%), Selenium: 7.22µg (10.32%), Vitamin B5: 0.49mg (4.91%)