



Spinach with onions & pine nuts



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 large onions thinly sliced
- ☐ 50 g butter
- ☐ 50 g pine nut
- ☐ 2 garlic cloves crushed
- ☐ 6 servings grating of nutmeg
- ☐ 1 tbsp sherry vinegar
- ☐ 1000 g pkt spinach

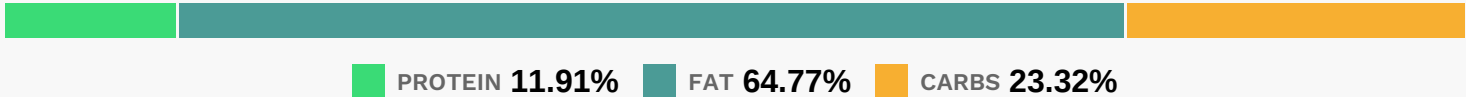
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat the oil in a large, deep pan.
- ☐ Add the onions, cover, then gently fry for 15 mins until soft and almost transparent.
- ☐ Add the butter and pine nuts, turn up the heat, then fry for 5 mins more or until the onions are dark golden. Stir in the garlic, grate in a little nutmeg, then fry for 1 min. Splash in vinegar.
- ☐ Meanwhile, heat the largest pan you have until very hot. Throw in half the spinach, cover for 20 secs, then stir until just wilted. Tip into a colander set over a bowl, then repeat with the second bag of spinach.
- ☐ To serve, toss the cooked spinach into onion mix and season generously.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:31.690434704008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 10.96mg, Kaempferol: 10.96mg, Kaempferol: 10.96mg, Kaempferol: 10.96mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

Nutrients (% of daily need)

Calories: 207.26kcal (10.36%), Fat: 16.22g (24.96%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 7.88g (2.86%), Sugar: 3.7g (4.12%), Cholesterol: 17.92mg (5.97%), Sodium: 188.15mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin K: 811.7µg (773.04%), Vitamin A: 15842.13IU (316.84%), Manganese: 2.37mg (118.44%), Folate: 337.47µg (84.37%), Vitamin C: 50.98mg (61.8%),

Magnesium: 161.76mg (40.44%), Vitamin E: 4.7mg (31.34%), Potassium: 1066.75mg (30.48%), Iron: 5.19mg (28.81%),
Fiber: 5.26g (21.05%), Vitamin B2: 0.35mg (20.73%), Vitamin B6: 0.41mg (20.43%), Calcium: 185.5mg (18.55%),
Copper: 0.37mg (18.5%), Phosphorus: 152.07mg (15.21%), Vitamin B1: 0.19mg (12.84%), Zinc: 1.57mg (10.46%),
Vitamin B3: 1.67mg (8.33%), Selenium: 2.23µg (3.19%), Vitamin B5: 0.21mg (2.11%)