



Spinach with Sesame and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 3 Tbsp sesame oil dark
- ☐ 1 Tbsp garlic minced
- ☐ 1 lb pkt spinach fresh (if using mature spinach, soak in water to clean, drain, tablespoon out excess water, remove and discard large stems, roughly chop leaves)
- ☐ 1 Tbsp sugar
- ☐ 1 Tbsp soya sauce gluten-free for version (use soy sauce)
- ☐ 2 servings salt to taste
- ☐ 1 Tbsp sesame seed toasted

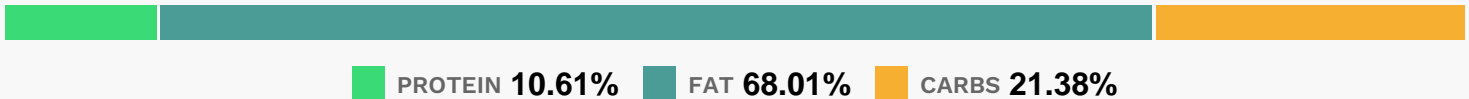
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Toast the sesame seeds: If you haven't already toasted the sesame seeds, do that first.
- ☐ Heat a stick-free skillet on medium high.
- ☐ Add raw sesame seeds and use a spatula or wooden spoon to stir.
- ☐ The seeds may make a popping noise and jump up, almost like popcorn. They will toast very quickly, so stir constantly until they begin to brown and smell like they are toasted.
- ☐ Remove from pan into a separate bowl as soon as they are done.
- ☐ Cook garlic and spinach in sesame oil:
- ☐ Heat 2 tablespoons of the sesame oil in a large skillet over medium heat. Once the oil is hot, add the garlic. As soon as the garlic begins to sizzle, add the spinach and cook, stirring occasionally, until the spinach is completely wilted. Turn the heat to low.
- ☐ Add sugar and soy sauce: Stir in the sugar and soy sauce.
- ☐ Remove from the heat.
- ☐ Add salt to taste.
- ☐ Serve hot, warm, room temperature, or cold, drizzled with the remaining sesame oil and sprinkled with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:91.05, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:36.076956634936%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 24.17g (37.18%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 11.41g (4.15%), Sugar: 7.15g (7.94%), Cholesterol: 0mg (0%), Sodium: 876.93mg (38.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Vitamin K: 1098.35µg (1046.05%), Vitamin A: 21267.44IU (425.35%), Manganese: 2.26mg (112.88%), Folate: 446.09µg (111.52%), Vitamin C: 64.98mg (78.76%), Magnesium: 199.57mg (49.89%), Iron: 7.09mg (39.38%), Potassium: 1321.86mg (37.77%), Vitamin E: 4.91mg (32.75%), Calcium: 277.62mg (27.76%), Vitamin B6: 0.55mg (27.27%), Vitamin B2: 0.46mg (27%), Copper: 0.5mg (25.16%), Fiber: 5.68g (22.71%), Phosphorus: 157.26mg (15.73%), Vitamin B1: 0.23mg (15.05%), Vitamin B3: 2.23mg (11.14%), Zinc: 1.64mg (10.91%), Selenium: 4.49µg (6.42%), Vitamin B5: 0.21mg (2.07%)