



Spinaci (Spinach) alla Padella (Frying Pan)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons garlic thinly sliced
- ☐ 2.5 tablespoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 40 ounce pkt spinach washed

Equipment

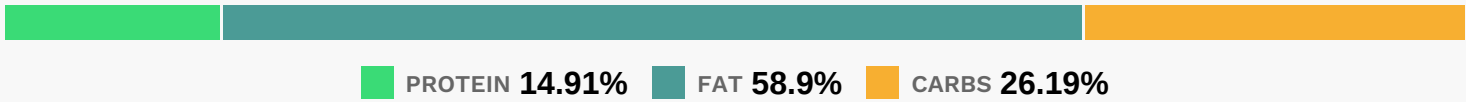
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ skimmer

Directions

- ☐ Bring 1 gallon of water to boil in a large pot with 2 1/2 tablespoons kosher salt.
- ☐ Add the spinach, pushing it down into the water with a skimmer, and immediately remove it to a bowl of ice water.
- ☐ Drain the spinach once cooled (don't leave it in for too long) and squeeze out the water. Divide spinach into 4 sections and compress each into a ball (each ball will be about
- ☐ cup and they can be wrapped in plastic and refrigerated for up to a day).
- ☐ Cut each ball in half and then in half again to chop up the spinach.
- ☐ Place 1/4 cup of the oil in a large skillet over high heat.
- ☐ Add the garlic to the pan and shake the pan often, for about 1 minute or until the garlic is lightly browned.
- ☐ Add the spinach and saute for 2 to 3 minutes. Season with salt and freshly ground pepper, to taste. It will seem dry.
- ☐ Remove the spinach to a bowl, sprinkle with a little olive oil and garnish with lemon wedges.
- ☐ Try adding some chopped anchovy with the garlic.
- ☐ For creamed spinach: substitute butter for half of the oil and add 1 cup of heavy whipping cream as you cook the spinach.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:28.14173918185%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 45.93mg, Isorhamnetin: 45.93mg, Isorhamnetin: 45.93mg, Isorhamnetin: 45.93mg Kaempferol: 108.59mg, Kaempferol: 108.59mg, Kaempferol: 108.59mg, Kaempferol: 108.59mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg

Nutrients (% of daily need)

Calories: 202.38kcal (10.12%), Fat: 14.72g (22.64%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 5.51g (2%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 4417.96mg (192.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Vitamin K: 739.78µg (704.55%), Vitamin C: 200.22mg (242.7%), Vitamin A: 8574.02IU (171.48%), Vitamin E: 7.65mg (50.99%), Fiber: 9.21g (36.84%), Calcium: 336.8mg (33.68%), Potassium: 1108.41mg (31.67%), Vitamin B6: 0.56mg (28.05%), Iron: 4.85mg (26.92%), Copper: 0.48mg (24.24%), Magnesium: 92.08mg (23.02%), Vitamin B2: 0.32mg (18.62%), Phosphorus: 170.87mg (17.09%), Vitamin B1: 0.24mg (15.69%), Vitamin B3: 2.3mg (11.49%), Folate: 34.27µg (8.57%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.77mg (5.12%), Manganese: 0.09mg (4.56%), Selenium: 3.14µg (4.49%)