



Springtime Sautéed Spinach

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- 8 cups baby spinach leaves packed
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp oscar mayer real bacon bits

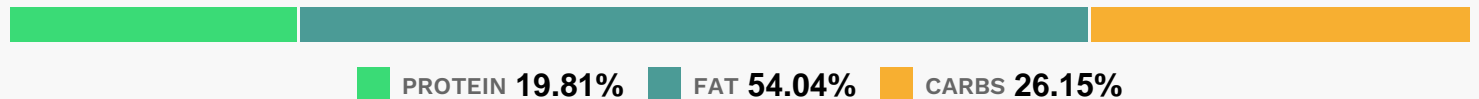
Equipment

- frying pan
- dutch oven

Directions

- Heat dressing in large deep skillet or Dutch oven on medium heat.
- Add garlic; cook and stir 1 minute or until tender.
- Add spinach; cover. Cook an additional 4 to 6 minutes or until spinach is wilted, stirring after 3 minutes.
- Sprinkle with bacon bits.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:15.831739170396%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 63.78kcal (3.19%), Fat: 4.09g (6.29%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.85g (2.06%), Cholesterol: 5mg (1.67%), Sodium: 298.5mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin K: 298.05µg (283.86%), Vitamin A: 5631.62IU (112.63%), Folate: 116.44µg (29.11%), Manganese: 0.57mg (28.39%), Vitamin C: 17.39mg (21.07%), Magnesium: 48.51mg (12.13%), Vitamin E: 1.54mg (10.27%), Potassium: 353.15mg (10.09%), Iron: 1.69mg (9.39%), Vitamin B6: 0.14mg (7.25%), Vitamin B2: 0.12mg (6.77%), Calcium: 64.02mg (6.4%), Fiber: 1.35g (5.41%), Copper: 0.09mg (4.26%), Vitamin B1: 0.05mg (3.52%), Phosphorus: 33.9mg (3.39%), Vitamin B3: 0.46mg (2.32%), Zinc: 0.35mg (2.3%), Selenium: 1.11µg (1.58%)