



Wilted Spinach with Nutmeg Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients



4 pounds flat parsley (8 bunches)



1.5 teaspoons nutmeg grated



5 tablespoons butter unsalted

Equipment



paper towels



pot



tongs

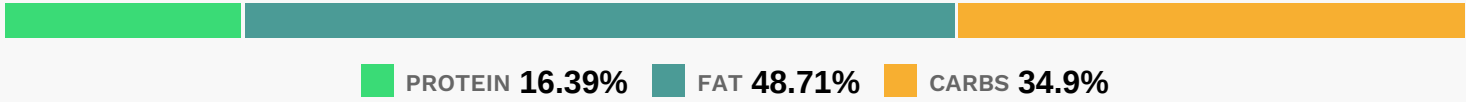


colander

Directions

- ☐ Bring 1 cup water to a boil in a wide large pot over high heat, then cook spinach, tossing with tongs, until completely wilted, about 5 minutes.
- ☐ Drain in a colander, pressing with back of a spoon to extract as much liquid as possible.
- ☐ Heat butter in same pot over medium heat until foam subsides, then stir in nutmeg, 1/2 teaspoon salt, 1/4 teaspoon pepper, and spinach. Cook, tossing with tongs, until just heated through.
- ☐ Spinach can be washed and dried 1 day ahead and chilled, wrapped in paper towels, in a sealed bag.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:31.802173991566%

Flavonoids

Apigenin: 488.66mg, Apigenin: 488.66mg, Apigenin: 488.66mg, Apigenin: 488.66mg Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 33.66mg, Myricetin: 33.66mg, Myricetin: 33.66mg, Myricetin: 33.66mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 146.35kcal (7.32%), Fat: 9.02g (13.88%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 6.98g (2.54%), Sugar: 2.04g (2.27%), Cholesterol: 18.81mg (6.27%), Sodium: 128.03mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin K: 3720.07µg (3542.92%), Vitamin A: 19324.36IU (386.49%), Vitamin C: 301.65mg (365.64%), Folate: 345.28µg (86.32%), Iron: 14.07mg (78.19%), Potassium: 1259.86mg (36%), Calcium: 315.77mg (31.58%), Fiber: 7.56g (30.25%), Magnesium: 114.26mg (28.56%), Manganese: 0.37mg (18.7%), Copper: 0.34mg (17.16%), Zinc: 2.44mg (16.28%), Vitamin B3: 2.98mg (14.9%), Phosphorus: 134.44mg (13.44%), Vitamin B2: 0.23mg (13.26%), Vitamin B1: 0.2mg (13.12%), Vitamin E: 1.9mg (12.69%), Vitamin B6: 0.2mg (10.25%), Vitamin B5: 0.92mg (9.17%)