



WHATSHEATE



HEALTH SCORE

90%

Wilted Spinach with Roasted Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients



12 garlic cloves peeled



4 tablespoons olive oil divided



18 ounce pkt spinach fresh

Equipment



bowl



oven



pot

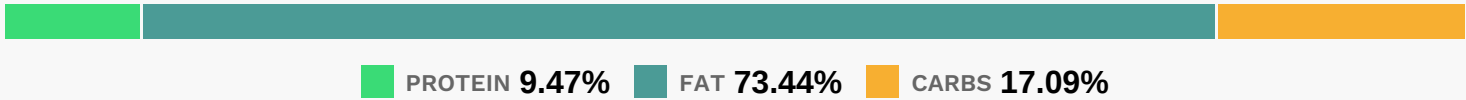


aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place garlic on foil; drizzle with 1 tablespoon oil. Wrap garlic in foil; roast until soft, about 20 minutes.
- ☐ Heat remaining 3 tablespoons oil in large pot over medium-high heat.
- ☐ Add spinach and garlic with oil from foil packet. Sauté until spinach is wilted, about 2 minutes. Season with salt and pepper.
- ☐ Transfer spinach to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:19.455217431421%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 111.01kcal (5.55%), Fat: 9.69g (14.92%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 68.39mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin K: 416.51µg (396.67%), Vitamin A: 7975.54IU (159.51%), Manganese: 0.86mg (43.16%), Folate: 165.17µg (41.29%), Vitamin C: 25.77mg (31.24%), Vitamin E: 3.08mg (20.5%), Magnesium: 68.69mg (17.17%), Potassium: 498.72mg (14.25%), Iron: 2.46mg (13.66%), Vitamin B6: 0.24mg (12.01%), Vitamin B2: 0.17mg (9.84%), Calcium: 95.15mg (9.52%), Fiber: 2g (7.99%), Copper: 0.13mg (6.43%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 50.85mg (5.09%), Zinc: 0.52mg (3.47%), Vitamin B3: 0.66mg (3.29%), Selenium: 1.7µg (2.43%)