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Wilted Spinach with Nutmeg Butter ♦

This recipe for wilted spinach with nutmeg butter is a delicious and healthy side dish. The spinach is cooked until wilted and then tossed with a flavorful nutmeg butter. It can be enjoyed as a side dish with any meal or as a light lunch.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	spinach
30 g	butter
1 tsp	Nutmeg
1 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Wash the spinach thoroughly and remove any tough stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt the butter in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add the spinach to the skillet and cook until wilted, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Grate the nutmeg over the spinach and season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Toss the spinach with the nutmeg butter until well coated.

Prep Time: 0 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	3 g	17.65%	17.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Game Day

Cuisines

Italian

Chinese

American

Course

Main Dishes

Salads

Sauces & Dressings

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Boiling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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