



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Wilted Spinach and Corn Salad ♦♦

A refreshing vegetarian salad made with wilted spinach and sweet corn. Perfect for a light lunch or side dish.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|                     |              |
|---------------------|--------------|
| <b>200 g</b>        | spinach      |
| <b>300 g</b>        | corn         |
| <b>2 tbsp</b>       | olive oil    |
| <b>2<br/>cloves</b> | garlic       |
| <b>1 tsp</b>        | salt         |
| <b>1 tsp</b>        | black pepper |

2 tbsp lemon juice

## Directions

---

### Step 1

Stove

Heat olive oil in a large skillet over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

Stove

Add garlic and cook until fragrant, about 1 minute.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

---

### Step 3

Stove

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

**Prep Time:** 1 mins

**Cook Time:** 3 mins

---

## Step 4

Stove

Season with salt, black pepper, and lemon juice. Stir well to combine.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Remove from heat and serve warm.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 6 g

**Protein:** 4 g

**Carbohydrates:** 14 g

## Nutrition Facts

## Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 4 g   | 23.53%                 | 23.53%                   |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 14 g  | 25.45%                 | 28%                      |
| Fibers        | 4 g   | 10.53%                 | 16%                      |
| Sugars        | 4 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g   | N/A                    | N/A                      |
| Saturated Fat       | 1 g   | 4.55%                  | 5.88%                    |
| Fat                 | 6 g   | 21.43%                 | 24%                      |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|             |        |        |        |
|-------------|--------|--------|--------|
| Vitamin A   | 150 iu | 16.67% | 21.43% |
| Vitamin C   | 30 mg  | 33.33% | 40%    |
| Vitamin B6  | 0 mg   | 0%     | 0%     |
| Vitamin B12 | 0 mcg  | 0%     | 0%     |
| Vitamin E   | 2 mg   | 13.33% | 13.33% |
| Vitamin D   | 0 mcg  | 0%     | 0%     |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 300 mg | 13.04%                 | 13.04%                   |
| Calcium   | 8 mg   | 0.8%                   | 0.8%                     |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 400 mg | 11.76%                 | 15.38%                   |
| Zinc      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 5 mcg  | 9.09%                  | 9.09%                    |

## Recipe Attributes

### Seasonality

Spring

Summer

### Events

Picnic

## Course

Salads

Snacks

## Cultural

Chinese New Year

## Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Paleo Diet

OMAD (One Meal a Day) Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Swiss Secret Diet

The Negative Calorie Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Bulletproof Diet

The Dukan Diet

The Starch Solution Diet

The Specific Carbohydrate Diet (SCD)

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)