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## Wilted Spinach Salad with Warm Feta Dressing ••

This wilted spinach salad is a delicious and healthy vegetarian dish. The warm feta dressing adds a creamy and tangy flavor to the salad. It can be enjoyed as a main course or as a side dish. The spinach is wilted just enough to soften it and bring out its natural sweetness. The feta dressing is made with melted feta cheese, olive oil, lemon juice, and garlic, creating a rich and flavorful dressing that complements the spinach perfectly. This salad is packed with nutrients and is a great way to incorporate more greens into your diet.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

200 g spinach

100 g feta cheese

<b>2 tbsp</b>	olive oil
<b>1 tbsp</b>	lemon juice
<b>2</b>	garlic
<b>cloves</b>	

## Directions

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### Step 1

#### Preparation

Wash the spinach thoroughly and remove any tough stems.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stove

In a large skillet, heat the olive oil over medium heat. Add the garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

#### Stove

Add the spinach to the skillet and cook until wilted, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

Stove

In a small saucepan, melt the feta cheese over low heat. Stir in the lemon juice and remove from heat.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 5

Pour the warm feta dressing over the wilted spinach and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the salad warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 8 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	4 g	10.53%	16%
Sugars	2 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	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	25 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
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	200 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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