



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spinach with Feta & Pine Nuts ♦♦

Spinach with Feta & Pine Nuts is a delicious vegetarian dish that combines the earthy flavors of spinach with the creamy tang of feta cheese and the nutty crunch of pine nuts. It is a versatile recipe that can be served as a side dish or as a main course. The dish is easy to prepare and can be enjoyed by vegetarians and non-vegetarians alike.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	spinach
150 g	feta cheese
30 g	Pine Nuts
2 tbsp	olive oil

2 cloves	garlic
1 tbsp	lemon juice
0.5 tsp	salt
0.25 tsp	black pepper

Directions

Step 1

Preparation

Wash the spinach thoroughly and remove any tough stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Cooking

Add the spinach to the skillet and cook until wilted, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Mixing

Remove the skillet from heat and crumble feta cheese over the spinach. Add lemon juice, salt, and black pepper. Toss well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Roasting

Toast the pine nuts in a dry skillet over medium heat until golden brown, about 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Sprinkling

Sprinkle the toasted pine nuts over the spinach and feta mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Spinach with Feta & Pine Nuts warm or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

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

Protein	10 g	58.82%	58.82%
---------	------	--------	--------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
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	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	250 iu	27.78%	35.71%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	500 mg	21.74%	21.74%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Chinese French Mediterranean Spanish Korean American

Meal Type

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

Course

Sauces & Dressings

Difficulty Level

Medium

Visit our website: healthdor.com