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Spicy Sauteed Spinach *

Spicy sauteed spinach is a vegan dish that is packed with flavor and nutrients. It is a popular side dish in many cuisines, and is often served with rice or bread. The spinach is cooked with a blend of spices, giving it a delicious kick. This recipe is easy to make and can be prepared in under 30 minutes.

Recipe Type: Vegan 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

| 400 g | spinach |
|-------------|------------------|
| 2 tbsp | olive oil |
| 3 cloves | garlic |
| 1 tsp | red chili flakes |

1 tsp salt

1 tbsp lemon juice

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 pan over medium heat. Add garlic and red chili flakes and cook for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Sautéing

Add the spinach to the pan and cook for 3-5 minutes, until wilted.

Prep Time: 0 mins

| Cook Time: 5 mins | | | |
|---|--|--|--|
| | | | |
| Step 4 | | | |
| Stirring | | | |
| Season with salt and lemon juice. Stir well to combine. | | | |
| Prep Time: 0 mins | | | |
| Cook Time: 1 mins | | | |
| | | | |
| Step 5 | | | |
| Remove from heat and serve hot. | | | |
| Prep Time: 0 mins | | | |
| Cook Time: 0 mins | | | |
| | | | |
| Nutrition Facts | | | |
| Calories: 70 kcal | | | |
| Fat: 4 g | | | |
| Protein: 3 g | | | |

Carbohydrates: 6 g

Nutrition Facts

Proteins

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

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 6 g | 10.91% | 12% |
| Fibers | 4 g | 10.53% | 16% |
| 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 | 2 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 4 g | 14.29% | 16% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------------|--------------------------------|
| Vitamin A | 280 iu | 31.11% | 40% |
| Vitamin C | 40 mg | 44.44% | 53.33% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 10 mg | 66.67% | 66.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

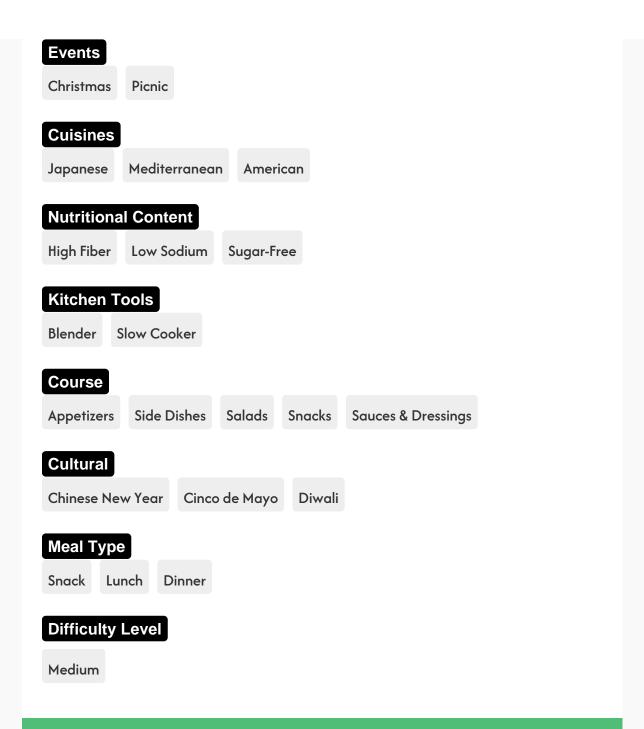
| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 10 mg | 0.29% | 0.38% |
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Summer

Fall



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