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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

<b>400 g</b>	spinach
<b>2 tbsp</b>	olive oil
<b>3 cloves</b>	garlic
<b>1 tsp</b>	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

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## Step 4

**Stirring**

Season with salt and lemon juice. Stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 5

Remove from heat and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**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

## Events

Christmas

Picnic

## Cuisines

Japanese

Mediterranean

American

## Nutritional Content

High Fiber

Low Sodium

Sugar-Free

## Kitchen Tools

Blender

Slow Cooker

## Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

## Meal Type

Snack

Lunch

Dinner

## Difficulty Level

Medium

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