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Fast and Easy Spinach with Shallots

This recipe is a quick and easy way to enjoy delicious spinach with shallots. It can be served as a side dish or a main course. Spinach is sautéed with shallots until wilted and seasoned with salt and pepper for a simple and flavorful dish.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spinach
100 g	Shallots
1 tsp	salt
0.5 tsp	pepper

Directions

Step 1

Wash the spinach thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the shallots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Sautéing

Add the shallots to the skillet and sauté until translucent.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cooking

Add the spinach to the skillet and cook until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Seasoning

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 1 g

Protein: 5 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	4 g	10.53%	16%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1080 iu	120%	154.29%
Vitamin C	28 mg	31.11%	37.33%
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	250 mg	10.87%	10.87%
Calcium	99 mg	9.9%	9.9%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	558 mg	16.41%	21.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese Middle Eastern

Nutritional Content

Low Fat

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Paleo Diet
Vegetarian Diet Vegan Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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