

Sautéed Spinach

Recipe Type: Side Dish

Serves: 4

Prep Time: 1 minute

Cooking Time: 5 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

8 C fresh spinach

2 T olive oil

1/2 T garlic powder

1/2 T onion powder

What to do:

1. Wash your hands.
2. Rinse the spinach under cold water for 1 minute.
3. Heat the olive oil over high heat in a medium skillet.
4. Add the spinach, garlic and onion powder.
5. Cook for 5 minutes, mixing often.
6. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

4 servings per container

Serving size 2 Cups (59g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 1mg 6%

Potassium 302mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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