

# 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

**Serving Size** 2 C

**Amount Per Serving**

**Calories** 80

**Calories from Fat** 60

**%Daily Value\***

**Total Fat** 7 g **11%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 220 mg **9%**

**Total Carbohydrate** 5 g **2%**

Dietary Fiber 2 g **8%**

Sugars 0 g

**Protein** 1 g

Vitamin D 0%

Calcium 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 5.1

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