

Mushroom and Spinach Saute'

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Servings: 2

2 teaspoons olive oil
2 cups fresh mushrooms, sliced
2 cloves garlic, minced
1 package (5 to 6 ounces) fresh baby spinach
1/8 teaspoon salt
1/8 teaspoon pepper

In a large skillet, heat the oil over medium-high heat. Add the mushrooms. Saute' until tender, about 2 minutes.

Add the garlic. Cook for 1 minute.

Add the spinach in batches. Cook and stir until wilted, about 1 minute.

Season with salt and pepper.

Serve immediately.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 62 Calories; 5g Fat (64.4% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 131mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	62
% Calories from Fat:	64.4%
% Calories from Carbohydrates:	25.7%
% Calories from Protein:	9.8%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	15mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 2g
 Sodium (mg): 131mg
 Potassium (mg): 273mg
 Calcium (mg): 10mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): trace
 Vitamin A (r.e.): 0RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 62 Calories from Fat: 40

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	131mg	5%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	2g	

Vitamin A	0%
Vitamin C	6%
Calcium	1%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.