

Garlic Spinach

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Servings: 4

1 tablespoon olive oil
3 cloves garlic, thinly sliced
2 packages (5 ounce ea) fresh
spinach, stems removed
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
1 teaspoon lemon juice

In a skillet, heat the oil over medium-high heat.

Add the garlic. Cook until it just begins to brown, about 45 seconds.

Add the spinach. Cook and stir just until wilted, 2 to 3 minutes. Sprinkle with salt and pepper.

Remove from the heat. Add the lemon juice.

Transfer to a serving platter.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 37 Calories; 3g Fat (79.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 279mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	37
% Calories from Fat:	79.0%
% Calories from Carbohydrates:	15.0%
% Calories from Protein:	6.0%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 279mg
Potassium (mg): 96mg
Calcium (mg): 21mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1008IU
Vitamin A (r.e.): 100 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 37 Calories from Fat: 29

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	279mg	12%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	1g	

Vitamin A	20%
Vitamin C	9%
Calcium	2%
Iron	3%

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