

Sauteed Spinach

Prep time: 9 min

Serves: 4

INGREDIENTS

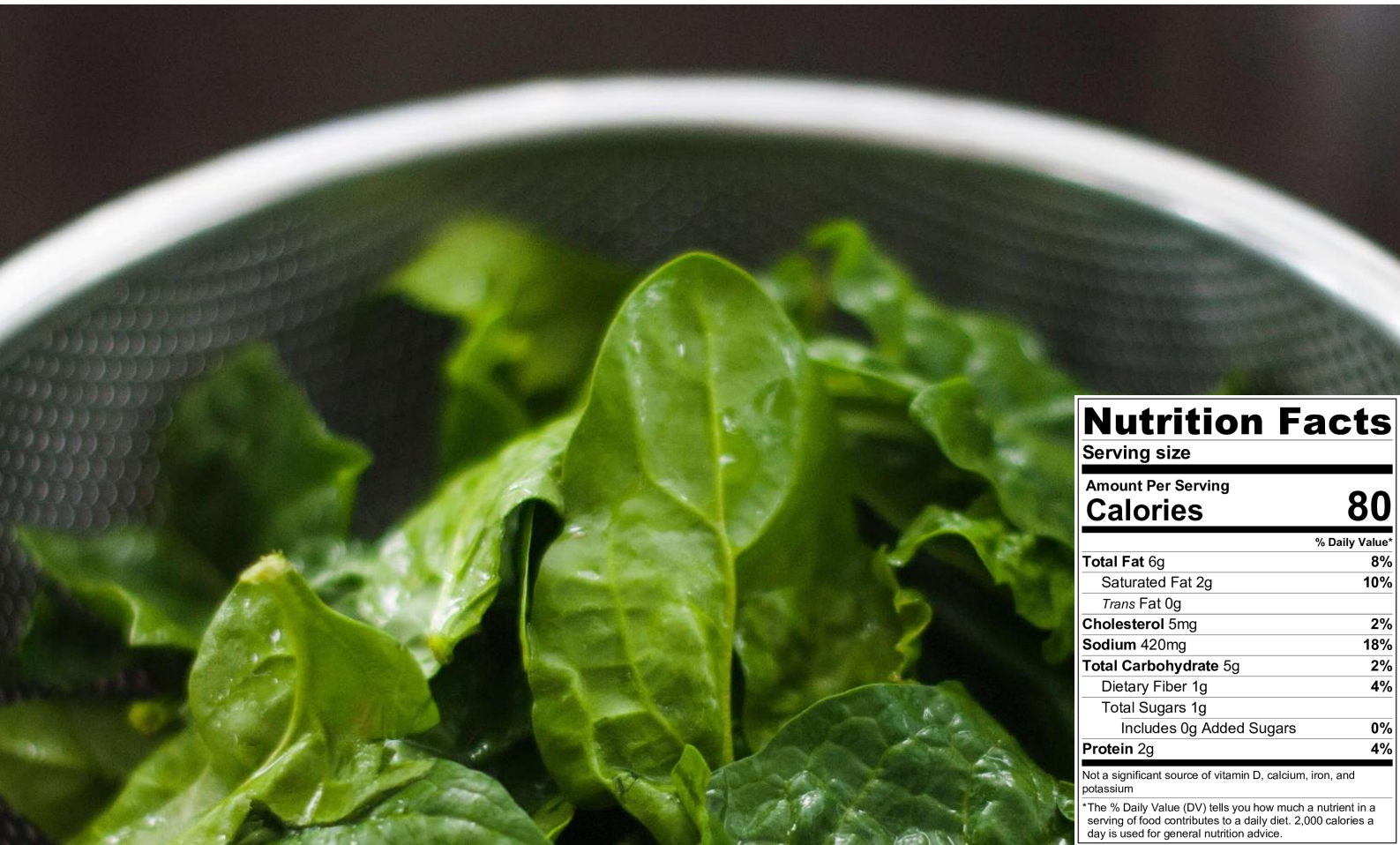
- 1 tbsp of olive oil
- 1 chopped white onion
- 4 tsp of minced garlic
- 1 tbsp of unsalted butter
- 1 tsp of soy sauce
- 8 oz of fresh spinach
- ½ tsp of salt
- ½ tsp of black pepper

Heat up the olive oil in the large skillet, add onions, and then fry for 4 mins

Add garlic and butter, and continue to fry until the onions start to brown

Mix spinach with the fried onions, and continue to cook until the spinach wilts

Season and serve



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) 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.	