

Spanakorizo - Greek Spinach Rice

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-spinach-rice-recipe>

Ingredients:

- 1 cup medium grain rice
- 4 tablespoons extra-virgin olive oil
- 1 yellow onion chopped
- 1 pound baby spinach
- 1 lemon juiced
- kosher salt
- black pepper
- 2 cloves garlic minced
- 2 tablespoons tomato paste
- 1 1/2 teaspoons dried mint flakes
- 1 teaspoon dried dill weed
- feta unchecked?, for garnish, optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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