

Spinach Stir Fry with Garlic

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-spinach-recipe-stir-fry>

Ingredients:

- 12 ounces spinach
- 6 cloves garlic smashed
- 1 tablespoon olive oil or vegetable oil
- salt as desired

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 260 milligrams

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