

Stir-Fried Spinach with Garlic and Parmesan

Yield: 2 min
Total Time: 10 min

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

Ingredients:

- 8 ounces baby leaf spinach
- 2 tablespoons olive oil
- 8 whole garlic cloves
- 2 tablespoons grated Parmesan cheese freshly
- black ground pepper fresh, to taste

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Protein: 3 grams
6. SaturatedFat: 3 grams
7. Sodium: 100 milligrams

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