

Easy Sautéed Spinach

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 2 bunches spinach about 1 lb
- olive oil extra virgin
- 3 cloves garlic sliced
- salt to taste

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 330 milligrams

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