

Sautéed spinach

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-con-queso-recipes>

Ingredients:

- 1 tablespoon sea salt for blanching
- 2 pounds spinach – root ends trimmed and thoroughly washed and spun dry
- 1/4 cup extra virgin olive oil
- 6 garlic cloves – skinned and finely sliced
- 1/2 teaspoon sea salt or to taste
- freshly ground black pepper to taste
- extra virgin olive oil for drizzling
- sourdough bread country, – cut in thick slices

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 18 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2330 milligrams

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