

Greek Spinach Rice - Spanakorizo

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 4 tablespoons extra-virgin olive oil
- 1 cup red onion finely chopped
- 1 garlic clove minced
- 1 cup long-grain rice I used Jasmine
- 8 cups fresh spinach ~ 1 pound/450 g chopped, stems removed
- 1/2 cup water more as needed
- 1/2 cup fennel fronds chopped wild, or dill, I used dill
- ground black pepper
- sea salt
- 2 lemons strained, 1 would have been enough for me

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 50 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 260 milligrams
8. Sugar: 2 grams

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