

Basic Buttery Spinach

2 SERVINGS 5 MINUTES



INGREDIENTS

1 tbsp Butter
5 cups Baby Spinach
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	34	Iron	1mg
Fat	3g	Vitamin D	0IU
Carbs	1g	Folate	73µg
Fiber	1g	Magnesium	30mg
Protein	1g	Zinc	0mg
Vitamin C	11mg		

DIRECTIONS

- 01 Melt the butter in a large saucepan over medium heat. Add the baby spinach and cook until wilted, stirring frequently.
- 02 Season with salt and enjoy!

NOTES

RECIPE ID 202

SERVING SIZE

One serving equals approximately 1/2 cup of cooked spinach.

BUTTER SUBSTITUTE

Use avocado oil, coconut oil or olive oil instead of butter.