

Lemon Spinach

Ingredients:

- 1 pound spinach, fresh
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Equipment:

- Non stick skillet
- Spatula
- Measuring spoon

Number of Servings: 2

Prep Time: 10 minutes

Total time: 10 minutes

Directions

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in skillet.
3. Sauté over medium heat, until just tender.

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Nutrition Facts

Serving Size: 1/2 cup

Servings: 4

Amount Per Serving

Calories 36

Calories from Fat 18

%Daily Value*

Total Fat 2g

3%

Saturated Fat trace 1g

1%

Cholesterol 0mg

0%

Sodium 90mg

4%

Total Carbohydrate 4g

1%

Dietary Fiber 3g

12%

Protein 3g

6%

Vitamin A 152%

Vitamin C 56%

Iron 17%

Calcium 11%

*Percent Daily Values are based on a 2,000 calorie diet.

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