

Balsamic Sautéed Spinach

submitted by callmev



Per serving: 162 Calories • 7.7g Carbs (1.3g Fiber) • 13.7g Fat • 1.9g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 2 cup **Spinach** (60 grams)
- 2 tbsp **Balsamic vinegar** (32 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Heat olive oil in a pan over medium-high heat.
2. Cook spinach in olive oil and add balsamic vinegar, salt, and pepper.
3. Let spinach heat through and cook until slightly wilted. Remove from heat and enjoy!