

Sautéed Spinach

A simple side dish rich in magnesium.

Cooking Information:

Serves: 3

Total Time: 5 minutes



Ingredients:

- * 3 tsp extra virgin olive oil
- * 1 lb spinach (washed)
- * 1 lemon
- * 3 tsp garlic (chopped)
- * salt and pepper to taste

Magnesium per ingredient*

0 mg
157 mg
0 mg
0 mg
0 mg

Directions:

1. In a wok or skillet, heat the oil over high heat. Add the spinach and stir (2 minutes). Spinach should turn bright green and wither.
2. Combine the garlic and continue to cook (1 minute).
3. Remove spinach from heat and drizzle lemon. Add salt and pepper to taste.

One serving of this recipe contains approximately 52.5 mg of magnesium* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**