

Sautéed Spinach with Pine Nuts

Ingredients:

- 2 tsp. extra virgin olive oil
- 2 tbsp. golden raisins
- 1 tbsp. pine nuts
- 2 garlic cloves, minced
- 1 (10 oz.) bag fresh spinach, tough stems removed
- 2 tsp. balsamic vinegar
- 1/8 tsp. salt
- 1 tbsp. parmesan cheese, shaved



Nutrition Facts

Serving Size 3/4 cup (172g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 7g	
Vitamin A 270% • Vitamin C 70%	
Calcium 20% • Iron 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



*GLUTEN-FREE



*SOY FREE



*CONTAINS NUTS

Directions:

1. Heat oil in a large nonstick skillet over medium - high heat.
2. Add raisins, pine nuts and garlic; cook, stirring until fragrant, about 30 seconds.
3. Add spinach and cook, stirring until just wilted, about 2 minutes.
4. Remove from heat; stir in vinegar and salt.
5. Serve immediately, sprinkled with Parmesan and pepper.