



SPINACH

Belongs to the amaranth family

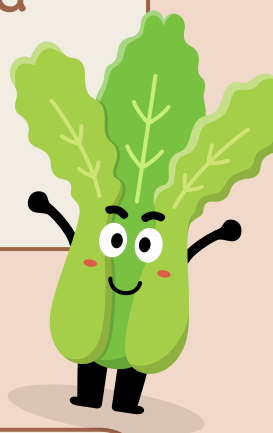


BENEFITS:

- May help prevent cancer
- Reduces blood sugar
- Aids in good bone health,
- Aids in weight loss

ORIGIN:

Originated in Persia, it then went to China and Europe and finally made it to the US around 1806



NUTRITIONAL FACTS:

3.5 OUNCES:

- Calories- 21
- Protein- 2.9g
- Carbs- 3.6g
- Sugar- 0.4g
- Fiber- 2.2g
- Fat- 0.4g

FUN FACTS:

- California is the top producer of Spinach in the US.
- Raw spinach is 91% water.

VITAMINS & MINERALS

- Vitamin A- high in carotinoids
- Vitamin C- skin & immune function
- Vitamin K-1- Blood clotting
- Folic acid- healthy cell and function
- Calcium- strong bones
- Iron- creates hemoglobin

RECIPE: Creamed Spinach

In a stovetop pan cook:

- 1lb spinach
- 3-4 strips. cooked bacon
- 1 med. onion, chopped
- 1 garlic clove
- salt & pepper
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup whole milk

Sources:

By:



Mackenzie Latimer

3/2/2023