



A nutrition Fact Sheet



Spinach

Nutrition Facts

Spinach is low in calories and a good source of Vitamin A and vitamin C.

Buying and Storing

If you are buying raw spinach, look for crisp, fresh, green spinach leaves. Fresh spinach in a bunch, bag, or container are all good options.

Don't buy more fresh spinach than you can use in five days or so. The spinach is likely still safe to eat after this time, but the nutritional quality starts to decrease.

Store fresh spinach in the original bag or container or a plastic bag with the air squeezed out.

Frozen spinach is a fine option, especially if you won't be eating the spinach within a few days.

Preparing and Cooking

Preparing: Wash spinach just before using it. If the spinach not prepackaged, immerse it in water, move the leaves around, and use a salad spinner or colander to drain the water out. If the spinach is packaged and labeled 'pre-washed,' you can just rinse it. If you've rinsed the spinach and you will be eating it raw, pat it dry with paper towels.

Stovetop cooking: Heat a little olive oil and garlic in a large skillet over medium heat. Add and toss the spinach and cook for just a few minutes – spinach is done when it has just wilted.

Steaming: Place a pot with two inches of water and a steamer basket in it over high heat. Bring to a boil. Add spinach and reduce heat to low. Simmer about 2 minutes.

Ways to Enjoy

- Add spinach to soup, chili, spaghetti sauce, pizza, sandwiches, wraps, salads, pasta dishes, stir fries, casseroles, egg dishes, and smoothies.

Groovy Green Smoothie

Yield: 2 servings • Serving Size: 1½ cups

- 1 banana, cut in chunks
- 6 ounces vanilla yogurt
- 1½ cup fresh or frozen spinach leaves
- 1 cup orange juice

Place ingredients in blender; blend until smooth.

Nutrition Facts	
2 servings per container	
Serving size	1.5 cups (311g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 433mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Skillet Lasagna

Yield: 8 servings • Serving Size: 1 cup

- ½ pound ground beef
- ½ cup chopped onion
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 2½ cups spaghetti or pasta sauce (26 to 28 ounces)
- 1 cup water
- 8 ounces wide whole wheat noodles
- 1 10-ounce package chopped spinach, thawed
- 1 12-ounce container lowfat cottage cheese
- ½ cup (4 ounces) shredded mozzarella cheese
- Optional: fresh or canned, drained sliced mushrooms

1. Stir ground beef, onions, and garlic together in a large skillet over medium heat; stir to prevent sticking. Cook until meat is browned.
2. Add spaghetti sauce and water to skillet and bring to a boil.
3. Add uncooked noodles, stir, cover with lid, turn down heat, and cook 5 minutes.
4. Squeeze thawed spinach with clean hands to remove juice and then stir into the noodle mixture. Add mushrooms, if using. Cover and simmer 5 minutes.
5. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese, cover and heat another 5 to 10 minutes until heated through and noodles are

tender.
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Nutrition Facts	
8 servings per container	
Serving size	1 cup (263g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 3mg	15%
Potassium 537mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

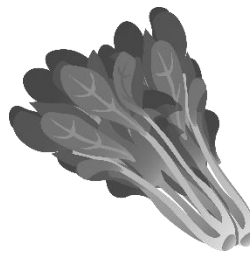
Chicken Club Salad

Yield: 4 servings • Serving Size: 3¼ cups

- 1 cup uncooked whole wheat small pasta, such as macaroni or rotelle
- 6 cups washed and dried fresh spinach
- 2 cups chopped fresh vegetables (green pepper, celery, cauliflower florets, cucumber, carrots)
- 2 cups chopped tomatoes (about 2 large)
- 1½ cups cubed cooked skinless chicken (one half pound skinless, boneless poultry)
- ½ cup lowfat Italian dressing
- 1 hard cooked egg (optional)
- ¼ cup shredded cheese or cheese crumbles

1. Cook pasta according to package directions; drain and cool.
2. Place 1½ cups of the spinach in each of 4 large bowls or plates.
3. Combine chopped vegetables, chicken, and pasta.
4. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
5. Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese.

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Nutrition Facts	
4 servings per container	
Serving size	3 1/4 cups (399g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 390mg	17%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 5mg	30%
Potassium 375mg	8%

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