**Spinach**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Three Cups of Spinach (85 grams)</th>
<th>20 calories</th>
<th>Excellent source of vitamin A (160% DV)</th>
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<tbody>
<tr>
<td></td>
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<td>Excellent source of vitamin K (510% DV)</td>
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<td>Excellent source of vitamin C (40% DV)</td>
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<td>Excellent source of folate (40% DV)</td>
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<td>Good source of magnesium (15% DV)</td>
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<td>Good source of potassium (13% DV)</td>
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**Dole Recipe: Warm Brussels Sprouts and Spinach**

(More recipes available at dole.com)

Serves: 5  Prep Time: 20 minutes

**Ingredients:**

- 2 tablespoons olive oil
- 4 cups DOLE® Brussels Sprouts, thinly sliced
- ¼ cup white vinegar
- ¼ cup maple syrup
- Salt to taste
- 1 pkg. (9 oz.) DOLE Spinach
- ¼ cup shelled pistachios

**Directions:**

1. Heat olive oil in large skillet. Add Brussels sprouts and season with salt. Sauté Brussels sprouts until brown on all sides, about 4 minutes.
2. Add vinegar and maple syrup to the skillet and heat thoroughly. Add spinach and toss with Brussels sprouts mixture until it softens, about one minute. Remove skillet from heat and transfer to serving platter. Season with salt if necessary and sprinkle with pistachios.

**Ten Delicious Ways to Eat Spinach**

1. Blend spinach into smoothies and use in fresh juices.
2. Use spinach in wraps, sandwiches, quesadillas or burritos.
3. Use spinach as a base for a salad—chop or julienne slice.
4. Add spinach to soups, stews and chilies.
5. Toss spinach into pasta dishes or add to lasagna.
6. Incorporate spinach in egg white dishes like omelets or frittatas.
7. Eat spinach atop pizza or flatbreads.
8. Incorporate spinach into turkey meatballs or homemade veggie burgers.
9. Lightly sauté spinach with garlic as a side.
10. Make a pesto using spinach.
Research

Institutions worldwide have studied spinach and its important nutrients. Here are a few relevant studies and nutrition talking points:

Eating folate-packed foods like spinach has been linked to lower risk of cognitive decline and dementia in women.


Half a cup of cooked spinach daily provides more than enough lutein and zeaxanthin to lower your cataract risk by 18% according to a study from Brigham Young University.


A study from Tufts University found those in the top 20% of vitamin K intake had significantly lower blood glucose levels, suggesting their bodies were better able to use the insulin produced by the pancreas, a factor that may lower risk of type 2 diabetes.


A study from Oregon State University found spinach has potential to partially offset the damaging effects of the carcinogens from cooked food.


Eating spinach may help to reduce hunger and food cravings thanks to thylakoids, a component of green plants, according to research published in the *Journal of the American College of Nutrition.*


Tweets

#Spinach is a versatile food. What’s your favorite way to eat this leafy green?

Have you ever tried a green smoothie with #spinach? Start your day with a glass packed with nutrients!

#Spinach isn’t just for salads. Try it in pasta, on pizza or stirred into soups.

#Spinach is nutrient-dense and low in calories. Give this leafy green veggie a shot!

Lean and green! Eating a leafy green salad before meals can help you maintain your weight.

Observances

March 17:  St. Patrick’s Day (for green)
March 26:  National Spinach Day