



Spinach

Nutrition Facts

3 Cups (85 grams):

- 20 Calories
- Good source of Iron (10%)
- Good source of Potassium (10%)
- Excellent source of Vitamin A (45%)
- Excellent source of Vitamin C (25%)
- Good source of Vitamin E (15%)
- Excellent source of Vitamin K (340%)
- Good source of Riboflavin (15%)
- Good source of Vitamin B6 (10%)
- Excellent source of Folate (40%)
- Good source of Magnesium (15%)
- Good source of Copper (10%)
- Excellent source of Manganese (35%)



Dole Recipe: Broccoli & Spinach Snack Pockets

(More recipes available at Dole.com)



Serves: 6 Total Time: 20 minutes Preheat Oven to 400°F

Ingredients:

- 1 tablespoon olive oil
- ½ teaspoon chopped garlic
- 1 pkg. (8 oz.) DOLE® Spinach
- 1 cup cooked DOLE Broccoli Florets
- ½ cup shredded low-fat cheddar cheese
- ¼ cup pumpkin puree
- ¼ cup low-fat ricotta cheese
- 1 egg white
- 6 (6-inch) flour tortillas
- 3 tablespoons hemp, chia, or sunflower seeds

Directions:

- Heat olive oil and garlic in large skillet. Add spinach; cook 2 minutes or until it wilts. Remove from heat; stir in DOLE broccoli, set aside.
- Combine shredded cheese, pumpkin puree, ricotta cheese, and egg white; set aside.
- Lay tortillas on counter. Arrange spinach and broccoli in center of tortilla. Spoon on 1 tablespoon cheese-pumpkin mixture and sprinkle with seeds. Fold in sides and roll into tiny burrito shapes. You can freeze the snack pocket at this point or arrange on baking sheet.
- Bake 10 minutes or until cheese melts and is heated through.

Nutrition Facts

servings per container
Serving size about 3 cups (85g)

Amount per serving
Calories 20

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vit. D 0mcg 0% • Calcium 84mg 6%

Iron 2mg 10% • Potas. 474mg 10%

Vit. A 399mcg 45% • Vit. K 410mcg 340%

Vit. C 24mg 25% • Riboflavin 0.2mg 15%

Vit. E 2mg 15% • Magnesium 67mg 15%

Folate 165mcg DFE 40%

Manganese 0.8mg 35%

* The % Daily Value (DV) 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.

Ten Delicious Ways to Eat Spinach

- Blend spinach into smoothies and use in fresh juices.
- Use spinach in wraps, sandwiches, quesadillas or burritos.
- Use spinach as a base for a salad—chop or julienne-slice.
- Add spinach to soups, stews and chilis.
- Toss spinach into pasta dishes or add to lasagna.
- Incorporate spinach in egg white dishes like omelets or frittatas.
- Eat spinach atop pizza or flatbreads.
- Incorporate spinach into turkey meatballs or homemade veggie burgers.
- Lightly sauté spinach with garlic as a side.
- 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.

Folate, Vitamin B-6, and Vitamin B-12 Intake and Mild Cognitive Impairment and Probable Dementia in the Women's Health Initiative Memory Study. Agnew-Blais, J et al. Journal of the Academy of Nutrition and Dietetics. Volume 115, Issue 2, 231-241, February 2015.

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.

Dietary carotenoids, vitamins C and E, and risk of cataract in women: a prospective study. Christen WG, Liu S, Glynn RJ, Gaziano JM, Buring JE. Archives of Ophthalmology. Volume 126, Issue 1, 102-110, January 2008.

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.

Phylloquinone intake, insulin sensitivity, and glycemic status in adult men and women. Yoshida, M et al. American Journal of Clinical Nutrition. Volume 88, Issue 1, 210-215, July 2008.

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

MicroRNA profiling of carcinogen-induced rat colon tumors and the influence of dietary spinach. Parasramka, M et al. Molecular Nutrition & Food Research. Volume 56, Issue 8, 1259-1269, August 2012.

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.

Acute Effects of a Spinach Extract Rich in Thylakoids on Satiety: A Randomized Controlled Crossover Trial. Rebello CJ et al. Journal of the American College of Nutrition, Volume 34, Issue 6, June 2015.

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 15: St. Patrick's Day (for green)

March 22: National Spinach Day

