

from Mula sa Puso: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

1 cup Kangkong or spinach
2 cloves Garlic, chopped
1 1/2 tsps. Olive oil
1 1/2 tsps. Soy sauce
1 tbsp. Vinegar
1 tsp. Sugar
1/8 tsp. Fresh ground pepper
1 Bay leaf

Sauté garlic in hot olive oil. Add the kangkong. Season with soy sauce and vinegar. Add fresh ground pepper and sugar. Lastly, add the bay leaf.

Serves 2

Single Serving Nutrient Values

Calories	52.97 kc
% calories from fat	55
Protein	1.266 gm
Carbohydrate	5.114 gm
Cholesterol	0.000 mg
Sodium	280.1 mg
Total Fat	3.504 gm

Saturated	0.478 gm
Polyunsaturated	0.336 gm
Monounsaturated	2.495 gm

[Joomla SEO powered by JoomSEF](#)