



## Absolutely Perfect Palak Paneer

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings sea salt to taste
- 4 sprigs cilantro leaves fresh
- 1 tablespoon ginger root fresh grated
- 2 cloves garlic chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 6 tablespoons olive oil

- 0.5 cup onion finely chopped
- 2 chile peppers dried red
- 8 ounces ricotta cheese
- 0.8 cup cup heavy whipping cream sour
- 3 pounds pkt spinach fresh
- 1 large tomatoes quartered

## Equipment

- food processor
- frying pan
- sauce pan
- blender

## Directions

- In a large saucepan heat 3 tablespoons of olive oil and saute garlic, 1/2 tablespoon of ginger, red chilies (optional ingredient) and onion until brown.
- Mix in the cumin, coriander, turmeric and sour cream (add more or less to achieve desired creaminess).
- Add the spinach, handfuls at a time until it is cooked down, about 15 minutes total.
- Remove from heat and allow to cool slightly.
- Pour spinach mixture into a blender or food processor and add the tomato, the remaining 1/2 tablespoon of ginger, and cilantro (add more or less according to taste). Blend for 15 to 30 seconds, or until the spinach is finely chopped.
- Pour back into the saucepan and keep warm over low heat.
- In a medium frying pan heat 3 tablespoons of olive oil over medium heat, and fry cheese until browned; drain and add to spinach. Cook for 10 minutes on low heat. Season with salt to taste.

## Nutrition Facts

 **PROTEIN 14.4%**  **FAT 68.41%**  **CARBS 17.19%**

## Properties

Glycemic Index:52.75, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:47.421304298484%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 21.88mg, Kaempferol: 21.88mg, Kaempferol: 21.88mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 19.03mg, Quercetin: 19.03mg, Quercetin: 19.03mg, Quercetin: 19.03mg

## Nutrients (% of daily need)

Calories: 476.08kcal (23.8%), Fat: 38.57g (59.34%), Saturated Fat: 12.24g (76.47%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 12.82g (4.66%), Sugar: 5.3g (5.89%), Cholesterol: 54.36mg (18.12%), Sodium: 530.81mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.53%), Vitamin K: 1668.03µg (1588.6%), Vitamin A: 33029.42IU (660.59%), Folate: 682.03µg (170.51%), Manganese: 3.26mg (163.02%), Vitamin C: 105.24mg (127.57%), Magnesium: 294.51mg (73.63%), Vitamin E: 10.52mg (70.16%), Potassium: 2215.38mg (63.3%), Iron: 10.79mg (59.95%), Calcium: 525.56mg (52.56%), Vitamin B2: 0.85mg (50.28%), Vitamin B6: 0.81mg (40.3%), Fiber: 8.99g (35.96%), Phosphorus: 318.5mg (31.85%), Copper: 0.53mg (26.36%), Vitamin B1: 0.32mg (21.38%), Selenium: 13.78µg (19.68%), Zinc: 2.85mg (18.97%), Vitamin B3: 3.01mg (15.04%), Vitamin B5: 0.58mg (5.79%), Vitamin B12: 0.28µg (4.72%)