



HEALTH SCORE

56%

Baked Spinach Kofta



Vegetarian



Vegan



Gluten Free

READY IN

**70 min.**

SERVINGS

**4**

CALORIES

**177 kcal**

SIDE DISH

Ingredients

- ☐ 3 tablespoons bob's mill garbanzo bean flour (besan)
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon ginger fresh minced
- ☐ 0.5 teaspoon garam masala
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon

- ☐ 1 tablespoons juice of lime sweetened store-bought (use more if you are using soy yogurt because it tends to be)
- ☐ 1 tablespoons mint leaves minced
- ☐ 2 teaspoons nutritional yeast
- ☐ 0.5 onion minced
- ☐ 0.3 cup onion diced red
- ☐ 2 medium potatoes – remove skin red
- ☐ 1 teaspoon salt low-sodium for diets (reduce)
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 1 cup vanilla-flavored soy yogurt plain
- ☐ 6 ounces pkt spinach fresh
- ☐ 2 ounces tofu firm

Equipment

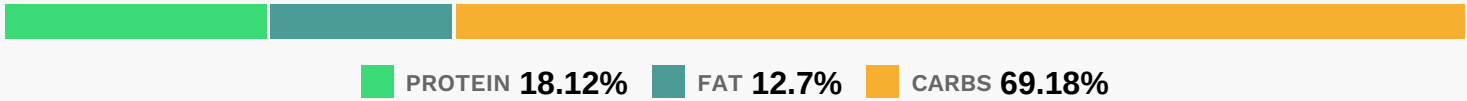
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Add the spinach and blanch for one minute, or just until wilted.
- ☐ Drain well in a colander.
- ☐ Put the spinach along with the tofu, nutritional yeast, lemon juice and salt into a food processor and process until crumbly. Set aside. Spray a large skillet with canola oil and bring it to medium-high heat.
- ☐ Add the cumin seeds and toast for one minute.
- ☐ Add the onions, garlic, and ginger and sauté until the onions are soft, about 3 minutes.

- ☐ Add the garam masala, stir, and immediately add the potatoes and the spinach mixture. Cook, stirring, for 3 more minutes.
- ☐ Remove from the heat and spoon into a large bowl.
- ☐ Add the chickpea flour and stir well. Allow to cool until easy to handle. Shape into about 20 balls, approximately 1-inch in diameter. (Don't worry about getting them perfect; they will naturally flatten out some during baking.)
- ☐ Place on an oiled cookie sheet or a silicone baking mat: Preheat oven to 450F.
- ☐ Bake for 10 minutes and then turn the kofta.
- ☐ Bake for 10 more minutes and turn again.
- ☐ Bake for 10 more minutes or until all sides are lightly browned.
- ☐ Serve with Cucumber-Soy Yogurt sauce (below), garnished with tomatoes, red onion, and hot chile peppers. This makes a delicious stuffing for whole wheat pita bread or chapatis.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:20.894347957943%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 177.42kcal (8.87%), Fat: 2.6g (4.01%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 27.23g (9.9%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 842.49mg (36.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin K: 209.17µg (199.21%), Vitamin A: 4060.94IU (81.22%), Vitamin C: 33.41mg (40.5%), Manganese: 0.72mg (35.97%), Folate: 133.22µg (33.31%), Potassium: 859.21mg (24.55%), Fiber: 4.68g (18.71%), Magnesium: 73.5mg (18.37%), Vitamin B6: 0.35mg (17.32%), Iron: 3.02mg (16.79%), Calcium: 167.06mg (16.71%), Copper: 0.28mg (13.85%), Phosphorus: 118.31mg (11.83%), Vitamin B1: 0.17mg (11.17%), Vitamin B3: 1.73mg (8.66%), Vitamin B2: 0.13mg (7.9%), Vitamin E: 0.96mg (6.4%), Zinc: 0.85mg (5.67%),

Vitamin D: 0.74µg (4.92%), Vitamin B5: 0.41mg (4.1%), Selenium: 1.83µg (2.62%)