



HEALTH SCORE

67%

## Curried Spinach with Fresh Cheese (Saag Paneer)



Vegetarian



Gluten Free



Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2 bay leaves



1 tomatoes canned chopped



7 seeds from cardamom pods



1 cinnamon sticks



2 teaspoons garam masala



8 cloves garlic



1 piece ginger peeled roughly chopped (3 in.)

- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup juice of lemon
- ☐ 2 onions roughly chopped
- ☐ 5 teaspoons salt
- ☐ 2 serrano chiles seeded
- ☐ 0.3 cup whole-milk yogurt
- ☐ 4 pounds pkt spinach thick rinsed well
- ☐ 1 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil
- ☐ 8 cups milk whole

## Equipment

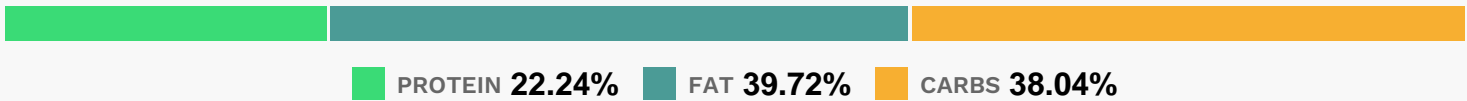
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ colander
- ☐ cutting board
- ☐ cheesecloth

## Directions

- ☐ Line a colander with 2 layers of cheesecloth and set in the sink. Bring milk to boil in a large pot over medium-high heat, stirring occasionally to prevent scorching.
- ☐ Let it boil 30 seconds (remove from heat if it starts to boil over) and stir in 1/4 cup lemon juice. Milk will curdle, separating into cheese curds and a clear yellow whey.
- ☐ Pour into cheesecloth-lined colander.
- ☐ Rinse curds with cold water. Pull up edges of the cheesecloth, gently squeeze out as much water as possible, and form curds into a 6-in. disk. Put cheesecloth-wrapped disk on a large plate, top with a large cutting board, and weigh down with a heavy pot. Put in the refrigerator and let press at least 3 hours and up to overnight.

- ☐ Meanwhile, bring a large pot of water to boil. Fill a large bowl with ice water and set aside. To boiling water, add 3 tsp. salt and the spinach. Cook 1 minute, then drain and transfer spinach to ice water. Swirl around to cool spinach and drain again. Use your hands to squeeze water from spinach. Set aside.
- ☐ In a blender, whirl garlic, onions, chiles, ginger, and 1/4 cup of water to make a paste. Set aside.
- ☐ In a medium pot over medium-high heat, add oil, cardamom, cloves, bay leaves, and cinnamon. Cook until spices darken, about 2 minutes.
- ☐ Add reserved onion paste. Cook, stirring occasionally, until mixture thickens and darkens, about 15 minutes. If the mixture starts to stick, add 1 tbsp. of water at a time, stirring, to help loosen it.
- ☐ Stir in coriander, cumin, and turmeric. Cook until fragrant, about 2 minutes.
- ☐ Add tomato and yogurt. Cook until thickened slightly, about 3 minutes. Stir in spinach and remaining salt. Turn heat to low and cover. Cook, stirring occasionally, until flavors are blended, about 30 minutes.
- ☐ Cut paneer into 1/2-in. cubes and gently stir into spinach mixture. Cook until paneer is heated through, about 2 minutes.
- ☐ Add garam masala and remaining lemon juice. Adjust salt and lemon juice to taste.
- ☐ Serve hot, with flatbread or rice.

## Nutrition Facts



## Properties

Glycemic Index:33.33, Glycemic Load:8.4, Inflammation Score:-10, Nutrition Score:52.085651936738%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 19.54mg, Kaempferol: 19.54mg, Kaempferol: 19.54mg, Kaempferol: 19.54mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 19.88mg, Quercetin: 19.88mg, Quercetin: 19.88mg, Quercetin: 19.88mg

## Nutrients (% of daily need)

Calories: 356.4kcal (17.82%), Fat: 17.04g (26.22%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 27.26g (9.91%), Sugar: 19.7g (21.89%), Cholesterol: 39.24mg (13.08%), Sodium: 2314.43mg (100.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Vitamin K: 1470.64µg (1400.61%), Vitamin A: 28920.61IU (578.41%), Manganese: 3.7mg (185.11%), Folate: 597.93µg (149.48%), Vitamin C: 94.97mg (115.12%), Calcium: 774.59mg (77.46%), Magnesium: 301.71mg (75.43%), Potassium: 2369.48mg (67.7%), Vitamin B2: 1.08mg (63.28%), Iron: 9.86mg (54.8%), Phosphorus: 528.87mg (52.89%), Vitamin B6: 0.92mg (46.06%), Vitamin E: 6.77mg (45.16%), Fiber: 9.46g (37.85%), Vitamin B1: 0.47mg (31.15%), Vitamin B12: 1.82µg (30.32%), Vitamin D: 3.58µg (23.86%), Copper: 0.47mg (23.54%), Zinc: 3.49mg (23.27%), Vitamin B5: 1.57mg (15.67%), Selenium: 10.88µg (15.54%), Vitamin B3: 2.8mg (13.99%)