



Fresh Cheese with Spinach

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

Ingredients

- 1 teaspoon asafetida
- 1 teaspoon chili powder red
- 3 inch cinnamon sticks
- 2 tablespoons coriander seeds cooled toasted finely
- 2 teaspoons ginger fresh peeled finely chopped
- 2 garlic clove finely chopped
- 0.8 pound paneer fresh cut into 1/2-inch cubes (Indian cheese)
- 1.5 cups pearl onions peeled

- 4 plum tomatoes peeled chopped
- 1 pound pkt spinach
- 0.5 teaspoon turmeric
- 6 tablespoons vegetable oil (this page)
- 2 cups water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- sieve

Directions

- Stir together turmeric, 1 1/2 cups water, and paneer and let stand 20 minutes.
- Drain cheese in a sieve and gently pat dry.
- Cook spinach in remaining 1/2 cup water in a large saucepan, covered, over moderately high heat until wilted and tender, about 2 minutes. Coarsely purée spinach, without draining, in a food processor. Mash garlic with ginger to a paste.
- Heat 6 tablespoons ghee in a large nonstick skillet over moderately high heat until hot but not smoking, then brown paneer in 2 batches, gently turning to avoid breaking up and transferring to a bowl as browned.
- Add onions and sauté, stirring, 5 minutes. Reduce heat to moderate.
- Add garlic paste and cook, stirring, until fragrant, about 1 minute.
- Add coriander, chile powder, asafetida, and cinnamon stick and cook, stirring occasionally, until onions are tender, 4 to 6 minutes.
- Add tomatoes and spinach purée and simmer sauce, stirring occasionally, until thickened and almost all of liquid is evaporated, 2 to 4 minutes. Gently stir in paneer and salt to taste.

Nutrition Facts



■ PROTEIN 12.89% ■ FAT 72.22% ■ CARBS 14.89%

Properties

Glycemic Index:25.33, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:22.747391317202%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg

Nutrients (% of daily need)

Calories: 343.47kcal (17.17%), Fat: 28.63g (44.05%), Saturated Fat: 10.72g (66.99%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 8.92g (3.24%), Sugar: 4g (4.44%), Cholesterol: 37.42mg (12.47%), Sodium: 88.87mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.99%), Vitamin K: 394.3µg (375.52%), Vitamin A: 7535.65IU (150.71%), Manganese: 1.01mg (50.52%), Folate: 164.47µg (41.12%), Calcium: 389.52mg (38.95%), Vitamin C: 32.12mg (38.93%), Vitamin E: 3.04mg (20.23%), Magnesium: 78.58mg (19.65%), Potassium: 649.12mg (18.55%), Fiber: 4.36g (17.45%), Iron: 2.81mg (15.63%), Vitamin B6: 0.28mg (13.85%), Vitamin B2: 0.18mg (10.41%), Copper: 0.19mg (9.34%), Phosphorus: 74.85mg (7.48%), Vitamin B1: 0.11mg (7.28%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.71mg (4.73%), Selenium: 1.76µg (2.51%), Vitamin B5: 0.17mg (1.71%)