



Greens with Garlic and Raisins (Saag)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- 1 tablespoon cumin seeds
- 1 teaspoon cardamom (removed from pods)
- 0.5 teaspoon peppercorns black
- 2 bay leaves dried
- 2 cinnamon sticks
- 2 tablespoons vegetable oil
- 0.5 cup golden raisins
- 1 onion red small to medium thinly sliced cut in half,

- 5 medium cloves garlic coarsely chopped
- 12 oz pkt spinach fresh washed
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- wok

Directions

- Heat ungreased 6-inch skillet over medium-high heat.
- Place all garam masaala ingredients in skillet; roast 2 to 3 minutes, stirring constantly, until seeds crackle, spices turn one shade darker and the mixture has a nutty, sweet aroma.
- Transfer to bowl; cool 3 to 5 minutes.
- Place roasted spice blend in spice grinder. Grind until mixture looks like the texture of finely ground pepper. Store in airtight jar at room temperature for up to 1 month; beyond that, it will start to lose its full flavor. Makes 1/4 cup spice blend; use 1 teaspoon for this recipe.
- In wok or deep 12-inch skillet, heat oil over medium-high heat.
- Add raisins; stir-fry about 1 minute or until raisins plump up.
- Add onion and garlic; stir-fry 2 to 3 minutes or until onion is golden brown. Stir in spinach; toss 2 to 3 minutes or until wilted. Stir in 1 teaspoon garam masaala and salt. Cook 1 minute.

Nutrition Facts



PROTEIN 8.89% **FAT 38.01%** **CARBS 53.1%**

Properties

Glycemic Index:48.17, Glycemic Load:9.19, Inflammation Score:-10, Nutrition Score:23.175652182621%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin:

9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 164.04kcal (8.2%), Fat: 7.67g (11.8%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 19.59g (7.13%), Sugar: 12.36g (13.74%), Cholesterol: 0mg (0%), Sodium: 364.69mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin K: 425.63µg (405.36%), Vitamin A: 8006.21IU (160.12%), Manganese: 1.49mg (74.38%), Folate: 171.31µg (42.83%), Vitamin C: 27.99mg (33.93%), Iron: 4.04mg (22.45%), Magnesium: 85.91mg (21.48%), Potassium: 712.56mg (20.36%), Fiber: 4.52g (18.09%), Vitamin E: 2.41mg (16.06%), Vitamin B6: 0.32mg (15.84%), Calcium: 143.37mg (14.34%), Vitamin B2: 0.21mg (12.63%), Copper: 0.23mg (11.34%), Phosphorus: 86.65mg (8.67%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.75mg (5%), Vitamin B3: 0.99mg (4.93%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.15mg (1.51%)