



Greens with Garlic and Raisins (Saag)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients



0.5 teaspoon peppercorns black



2 cinnamon sticks



1 tablespoon cumin seeds



2 bay leaves dried



5 medium cloves garlic coarsely chopped



0.5 cup golden raisins



1 onion red small to medium thinly sliced cut in half,



0.5 teaspoon salt

- ☐ 1 teaspoon nigella seeds (removed from pods)
- ☐ 12 oz pkt spinach fresh washed
- ☐ 2 tablespoons vegetable oil

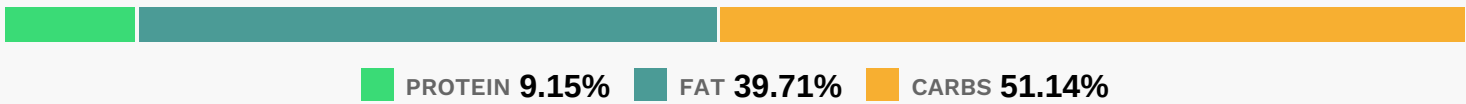
Equipment

- ☐ 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



Properties

Glycemic Index:46.92, Glycemic Load:9.18, Inflammation Score:-10, Nutrition Score:22.789130324903%

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: 169.88kcal (8.49%), Fat: 8.24g (12.68%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 19.39g (7.05%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 364.6mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin K: 425.63µg (405.36%), Vitamin A: 8006.21IU (160.12%), Manganese: 1.35mg (67.38%), Folate: 171.31µg (42.83%), Vitamin C: 27.89mg (33.8%), Iron: 3.97mg (22.06%), Magnesium: 84.77mg (21.19%), Potassium: 706.97mg (20.2%), Fiber: 4.5g (18%), Vitamin E: 2.41mg (16.06%), Vitamin B6: 0.32mg (15.78%), Calcium: 141.45mg (14.15%), Vitamin B2: 0.21mg (12.57%), Copper: 0.22mg (11.25%), Phosphorus: 85.76mg (8.58%), Vitamin B1: 0.1mg (6.56%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.71mg (4.75%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.15mg (1.51%)