



How to Make Saag Paneer



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon cumin seeds
- ☐ 1 bunch fenugreek leaves roughly chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 teaspoons garam masala
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground turmeric

- ☐ 0.5 cup heavy whipping cream
- ☐ 1 onion thinly sliced
- ☐ 0.5 pound paneer cubed
- ☐ 4 servings salt to taste
- ☐ 2 bunches pkt spinach roughly chopped
- ☐ 1 tomatoes diced

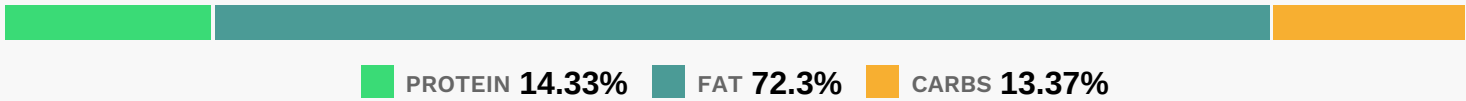
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of water to a boil. Cook spinach and fenugreek in the boiling water until wilted, about 3 minutes.
- ☐ Drain well and transfer to a food processor. Puree until finely chopped, about 5 pulses.
- ☐ Heat 1 tablespoon canola oil in a large skillet over medium heat. Fry paneer cubes, stirring constantly, until browned on all sides, about 5 minutes. Set aside.
- ☐ Heat 2 tablespoons canola oil in the skillet and fry the cumin seeds until lightly toasted and aromatic, about 3 minutes.
- ☐ Add onion; cook and stir until onion begins to soften, 4 to 5 minutes. Stir in ginger, garlic, tomato, garam masala, turmeric, and cayenne pepper; cook and stir until tomatoes break down and onions are translucent, about 10 minutes.
- ☐ Stir in spinach and fenugreek, cream, paneer cubes, and salt to taste. Cover and cook for 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:32.419999602048%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.06mg, Kaempferol: 11.06mg, Kaempferol: 11.06mg, Kaempferol: 11.06mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg

Nutrients (% of daily need)

Calories: 393.96kcal (19.7%), Fat: 32.99g (50.75%), Saturated Fat: 16.02g (100.1%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 8.73g (3.17%), Sugar: 3.63g (4.04%), Cholesterol: 71.04mg (23.68%), Sodium: 355.08mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.41%), Vitamin K: 829.88µg (790.36%), Vitamin A: 16745.5IU (334.91%), Folate: 341.36µg (85.34%), Manganese: 1.68mg (83.81%), Vitamin C: 55.22mg (66.93%), Calcium: 479.25mg (47.92%), Magnesium: 145.99mg (36.5%), Vitamin E: 5.22mg (34.82%), Potassium: 1121.31mg (32.04%), Iron: 5.28mg (29.33%), Vitamin B2: 0.4mg (23.39%), Vitamin B6: 0.44mg (22.05%), Fiber: 5g (19.99%), Copper: 0.27mg (13.4%), Phosphorus: 123.55mg (12.35%), Vitamin B1: 0.17mg (11.44%), Vitamin B3: 1.54mg (7.71%), Zinc: 1.14mg (7.61%), Selenium: 3.11µg (4.45%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.26mg (2.62%)