



## Indian Spinach (Saag)



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 teaspoon cayenne
- ☐ 2 teaspoons ginger fresh minced
- ☐ 0.5 teaspoon garam masala
- ☐ 6 garlic cloves chopped
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 1 medium onion chopped
- ☐ 1 cup greek yogurt plain low-fat
- ☐ 2 pounds spinach leaves chopped
- ☐ 0.5 teaspoon turmeric

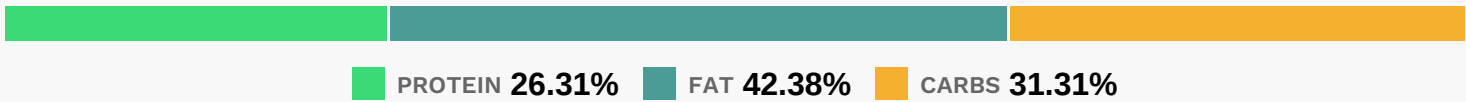
## Equipment

- ☐ pot

## Directions

- ☐ In a 6- to 8-qt. pot, cook onion in oil over medium heat until softened, about 10 minutes.
- ☐ Add garlic and cook 2 minutes.
- ☐ Add ginger and spices and cook until fragrant, about 1 minute. Working in batches, stir in spinach and cook until wilted, about 5 minutes.
- ☐ Remove from heat and stir in yogurt and salt.
- ☐ Serve with steamed basmati rice and warm naan (Indian flatbread).

## Nutrition Facts



## Properties

Glycemic Index:36.5, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:35.448261323182%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 14.66mg, Kaempferol: 14.66mg, Kaempferol: 14.66mg, Kaempferol: 14.66mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg, Quercetin: 14.66mg

## Nutrients (% of daily need)

Calories: 179.11kcal (8.96%), Fat: 9.22g (14.18%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 9.46g (3.44%), Sugar: 4.47g (4.97%), Cholesterol: 3.28mg (1.09%), Sodium: 786.28mg (34.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.75%), Vitamin K: 1100.06µg (1047.68%), Vitamin A: 21404.43IU (428.09%), Folate: 445.82µg (111.45%), Manganese: 2.2mg (109.78%), Vitamin C: 67.54mg (81.87%),

Magnesium: 185.32mg (46.33%), Potassium: 1343.27mg (38.38%), Vitamin E: 5.71mg (38.04%), Iron: 6.5mg (36.13%), Calcium: 308.53mg (30.85%), Vitamin B6: 0.54mg (27.17%), Vitamin B2: 0.45mg (26.18%), Fiber: 5.86g (23.45%), Copper: 0.33mg (16.34%), Vitamin B1: 0.2mg (13.38%), Phosphorus: 128.87mg (12.89%), Zinc: 1.34mg (8.93%), Vitamin B3: 1.75mg (8.77%), Selenium: 3.15µg (4.5%), Vitamin B5: 0.21mg (2.1%)