



Palak-tofu (bean curd)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 6 servings ground coriander
- 0.5 teaspoon cumin seeds
- 6 servings garam masala
- 1 teaspoon ginger garlic paste
- 4 to 2 chilies slit green
- 1 teaspoon fenugreek leaves
- 0.5 cup milk

- 2 tablespoons cooking oil
- 1 medium onion cut into chunks
- 2 peanut butter cups washed
- 6 servings salt to taste
- 0.5 spicy tofu cut into small cubes
- 1 small tomatoes chopped
- 0.5 teaspoon turmeric

Equipment

- frying pan
- blender

Directions

- Heat 1tbsp oil in a pan,add the onions,saute till brown,add ginger garlic paste,saute for a min,add green chillies, chopped tomatoes and saute well.
- Add the washed uncut palak,saute for 5 mins till they wilt.Take it out in a plate and allow to cool.grind to coarse paste in a blender.set aside.
- Add 1 tbsp oil in the same pan and saute the tofu cubes,add little salt,turmeric and saute for 2 mins.take them out in a plate.
- Add the coarse palak paste in the pan and salt according to the content along with coriander powder.let it cook on slow for 10 mins.
- Add the sauteed tofu cubes,mix well.Crush in the kasuri methi in the palm of your hands and mix in.
- Pour in the milk or cream,mix well and cover it on slow flame for 5 mins.drop in the butter (it gives an added creamyness)Finish it off with garam masala.
- Serve hot with roti or paratha.

Nutrition Facts



PROTEIN 11.42% FAT 64.49% CARBS 24.09%

Properties

Glycemic Index:30.5, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:3.9073913043478%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 174.81kcal (8.74%), Fat: 12.81g (19.71%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 7.97g (2.9%), Sugar: 5.94g (6.6%), Cholesterol: 12.81mg (4.27%), Sodium: 356.81mg (15.51%), Protein: 5.1g (10.21%), Fiber: 2.8g (11.2%), Vitamin C: 7.32mg (8.87%), Calcium: 86.6mg (8.66%), Vitamin E: 1.04mg (6.93%), Vitamin A: 281.56IU (5.63%), Iron: 0.89mg (4.96%), Vitamin K: 5.13µg (4.89%), Phosphorus: 45.19mg (4.52%), Manganese: 0.08mg (3.99%), Potassium: 133.67mg (3.82%), Magnesium: 13.79mg (3.45%), Vitamin B2: 0.05mg (2.8%), Vitamin B6: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.56%), Vitamin B12: 0.13µg (2.21%), Folate: 8.81µg (2.2%), Vitamin B3: 0.43mg (2.13%), Copper: 0.04mg (2.11%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.15mg (1.52%), Vitamin D: 0.22µg (1.49%), Selenium: 0.88µg (1.26%)