



HEALTH SCORE

100%

Saag Aloo (spinach and potato side dish)



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 240 g baby spinach
- ☐ 1 handful coriander fresh good
- ☐ 1 clove garlic crushed
- ☐ 1 tbsp ground coriander
- ☐ 1 tsp ground cumin
- ☐ 1 tablespoon juice of lemon good
- ☐ 1 onion finely sliced
- ☐ 6 medium potatoes cut into quarters

- ☐ 1 chilli red finely chopped
- ☐ 4 servings grinding of salt and pepper good
- ☐ 1 tsp turmeric
- ☐ 4 tbsp yoghurt

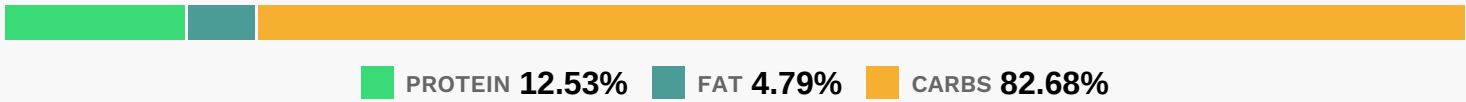
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ colander

Directions

- ☐ Parboil the potatoes until tender.
- ☐ Wilt the spinach by adding it to a colander and pouring a kettleful of boiling water over it. Refresh with cold water, then squeeze most of the water out. Whizz in a food processor with the coriander until smooth.
- ☐ In a large pan, heat the oil and add the spices.
- ☐ Let them sizzle for a minute or two before adding the onion, garlic and chilli.
- ☐ Saute the onions until soft.
- ☐ Add the potatoes to the pan and coat in the spices, then add the spinach and allow to cook for 10 minutes until all the flavours have developed.
- ☐ Add the yoghurt and lemon juice, then season.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:69.69, Glycemic Load:42.34, Inflammation Score:-10, Nutrition Score:33.736087016437%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.56mg, Kaempferol: 6.56mg, Kaempferol: 6.56mg, Kaempferol: 6.56mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg

Nutrients (% of daily need)

Calories: 297.23kcal (14.86%), Fat: 1.65g (2.55%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 54.56g (19.84%), Sugar: 5.58g (6.2%), Cholesterol: 2.6mg (0.87%), Sodium: 273.78mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.49%), Vitamin K: 300.81µg (286.48%), Vitamin C: 100.5mg (121.82%), Vitamin A: 5834.16IU (116.68%), Manganese: 1.19mg (59.28%), Vitamin B6: 1.18mg (59.02%), Potassium: 1838.05mg (52.52%), Folate: 178.39µg (44.6%), Fiber: 9.73g (38.93%), Magnesium: 136.32mg (34.08%), Iron: 5.1mg (28.34%), Phosphorus: 254.34mg (25.43%), Copper: 0.48mg (23.76%), Vitamin B1: 0.34mg (22.6%), Vitamin B3: 4.09mg (20.43%), Vitamin B2: 0.27mg (15.92%), Calcium: 146.74mg (14.67%), Vitamin B5: 1.13mg (11.34%), Zinc: 1.56mg (10.41%), Vitamin E: 1.41mg (9.4%), Selenium: 2.69µg (3.84%), Vitamin B12: 0.07µg (1.23%)