



Saag (Indian Spinach)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 1 dash cayenne pepper
- ☐ 2 tsp coriander
- ☐ 1 tsp garam masala
- ☐ 2 tsp ground ginger
- ☐ 1 small onion diced
- ☐ 2 cups pkt spinach fresh
- ☐ 0.5 tsp turmeric
- ☐ 3 garlic cloves whole minced

Equipment

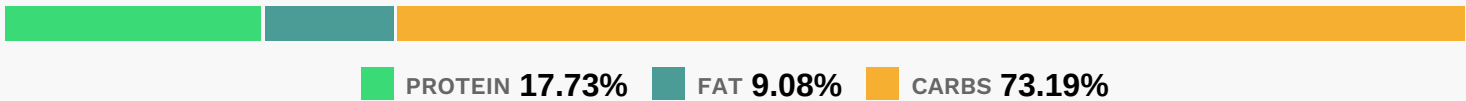
☐ blender

Directions

- ☐ Saute onions in 1/4 cup water over high heat until translucent.
- ☐ Add garlic, ginger & spices and saute 2 minutes more, adding more water if necessary to prevent sticking or burning.
- ☐ Add spinach, 1 cup water and salt to taste. Reduce heat to low and simmer 10–15 minutes, or until the spinach is dark green and wilting.
- ☐ Remove from heat and allow to cool a little. Use a blender or processor to lightly puree greens. Stir in optional garam masala and serve.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 40g
 - ☐ Carbohydrate
 - ☐ 40gDietary Fiber2.10gSugars2.60gProtein2g

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:13.70999982046%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 39.76kcal (1.99%), Fat: 0.44g (0.68%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.04g (2.2%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 27.31mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 145.55µg (138.62%), Vitamin A: 2842.3IU (56.85%), Manganese: 1.03mg (51.67%), Folate: 65.55µg (16.39%), Vitamin C: 12.64mg (15.33%), Vitamin B6: 0.18mg (8.94%), Iron: 1.55mg (8.63%), Magnesium: 33.34mg (8.34%), Potassium: 275.72mg (7.88%), Fiber: 1.92g (7.69%), Calcium: 49.09mg (4.91%), Vitamin B2: 0.08mg (4.47%), Vitamin E: 0.65mg (4.36%), Copper: 0.08mg (3.92%), Phosphorus: 36.43mg (3.64%), Vitamin B1: 0.05mg (3.36%), Selenium: 2.15µg (3.07%), Vitamin B3: 0.5mg (2.48%), Zinc: 0.36mg (2.41%)