



## Saag with Tofu



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled (from a 1-inch piece)
- ☐ 30 ounce spinach frozen thawed chopped
- ☐ 3 medium garlic clove minced
- ☐ 0.8 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.3 teaspoons kosher salt plus more for seasoning
- ☐ 0.5 cup yogurt plain

- ☐ 1 serrano chiles stemmed finely chopped
- ☐ 14 ounces tofu firm drained cut into large dice
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1 medium onion yellow finely chopped

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

## Directions

- ☐ Place the tofu in a single layer on a large paper-towel-lined plate; set aside.
- ☐ Heat the oil in a large nonstick frying pan over medium-high heat until shimmering.
- ☐ Add the tofu and cook (be careful—the oil may splatter), turning occasionally, until it's golden brown on a few sides, about 10 to 12 minutes. Meanwhile, dry the plate and line it with fresh paper towels. Use a slotted spoon to transfer the tofu to the paper-towel-lined plate.
- ☐ Spread it into a single layer and season with salt; set aside. Reduce the heat to medium, add the onion to the pan, and season with salt. Cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the garlic, ginger, serrano, garam masala, measured salt, coriander, and cumin and cook, stirring occasionally, until the spices are fragrant, about 1 to 2 minutes.
- ☐ Add the spinach and stir constantly until heated through, about 3 minutes.
- ☐ Add the cream and water, stir to combine, and bring to a simmer.
- ☐ Remove the pan from the heat and stir in the yogurt. Taste and season with salt as needed.
- ☐ Add the reserved tofu and let sit until heated through, about 1 minute.
- ☐ Serve with steamed rice or naan.

## Nutrition Facts



 PROTEIN **15.95%**  FAT **69.31%**  CARBS **14.74%**

Properties

Glycemic Index:18.5, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:25.464347787525%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 316.3kcal (15.81%), Fat: 25.62g (39.42%), Saturated Fat: 10.99g (68.71%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.08g (4.54%), Cholesterol: 47.48mg (15.83%), Sodium: 614.71mg (26.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Vitamin K: 541.34µg (515.57%), Vitamin A: 17236.63IU (344.73%), Manganese: 1.06mg (53.2%), Folate: 212.45µg (53.11%), Vitamin E: 5.06mg (33.76%), Calcium: 327.87mg (32.79%), Magnesium: 116.11mg (29.03%), Vitamin B2: 0.43mg (25.3%), Iron: 3.76mg (20.88%), Fiber: 5.17g (20.66%), Potassium: 606.7mg (17.33%), Vitamin B6: 0.31mg (15.62%), Selenium: 10.54µg (15.05%), Vitamin C: 10.53mg (12.77%), Phosphorus: 122.12mg (12.21%), Copper: 0.23mg (11.66%), Vitamin B1: 0.16mg (10.73%), Zinc: 1.09mg (7.25%), Vitamin D: 0.66µg (4.37%), Vitamin B3: 0.83mg (4.14%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.14µg (2.32%)