



Spinach and Tofu Paneer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper
- 1 pepper flakes seeded coarsely chopped
- 3 garlic clove coarsely chopped
- 1 inch ginger diced peeled
- 1.5 teaspoons ground cumin
- 0.5 cup half and half
- 1 jalapeno seeded coarsely chopped
- 0.1 teaspoon nutmeg plus a pinch

- 1 cup onion diced
- 3 servings salt
- 1 serrano chiles coarsely chopped
- 1 large bunch pkt spinach washed well
- 2 tablespoons vegetable oil
- 0.3 cup yogurt

Equipment

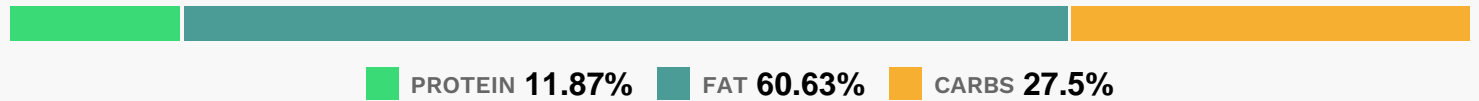
- food processor
- frying pan
- slotted spoon
- colander
- cutting board

Directions

- Dice the tofu into pieces about the size of a sugar cube or a little smaller. Bring 6 cups water to a boil, add 1 teaspoon salt and lower the heat to a simmer.
- Add the tofu, turn off the heat, and leave for 4 or 5 minutes.
- Pour into a colander to drain. (If you've used soft tofu, remove it with a slotted spoon.) Set aside.
- Steam the spinach until wilted, then remove it to a cutting board and chop. When cool enough to handle, squeeze out the excess water.
- Put the chiles, ginger, garlic, and onion in a food processor, and process until finely chopped.
- Heat the ghee or butter in a nonstick skillet, add the onion mixture and cook over medium heat, stirring frequently, for 5 minutes.
- Add 1 teaspoon salt, the cumin, nutmeg, cayenne, and 1 cup water. Simmer for 5 minutes, then return the mixture to the food processor, add the spinach, and puree.
- Return the mixture to the skillet, add the half-and-half and the tofu, and simmer for about 5 minutes. Turn off the heat and stir in the yogurt.
- Serve over basmati rice.

- Taste
- Book, using the USDA Nutrition Database
- From This Can't Be Tofu! by Deborah Madison. Copyright (c) 2000 by Deborah Madison. Published by Broadway Books. Deborah Madison's Vegetarian Cooking for Everyone and The Savory Way, each earned the IACP's Julia Child Cookbook of the Year award. Vegetarian Cooking for Everyone also received a James Beard Award, as did Local Flavors, her most recent book. She is also the author of the James Beard Award nominee This Can't Be Tofu! and The Greens Cookbook, which is now a classic. She lives in Galisteo, New Mexico.

Nutrition Facts



Properties

Glycemic Index:102.33, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:28.198695812536%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 215.77kcal (10.79%), Fat: 15.48g (23.81%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 11.71g (4.26%), Sugar: 6.86g (7.62%), Cholesterol: 17.66mg (5.89%), Sodium: 326.8mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin K: 568.24µg (541.18%), Vitamin A: 11057.64IU (221.15%), Vitamin C: 65.48mg (79.36%), Manganese: 1.22mg (60.83%), Folate: 238.88µg (59.72%), Magnesium: 112.45mg (28.11%), Potassium: 913.28mg (26.09%), Vitamin E: 3.52mg (23.47%), Vitamin B6: 0.47mg (23.34%), Iron: 4.14mg (23.01%), Calcium: 218.95mg (21.9%), Vitamin B2: 0.37mg (21.85%), Fiber: 4.08g (16.34%), Phosphorus: 154.44mg (15.44%), Copper: 0.22mg (11.13%), Vitamin B1: 0.16mg (10.67%), Zinc: 1.16mg (7.7%), Vitamin B3: 1.32mg (6.58%), Selenium: 3.89µg (5.56%), Vitamin B5: 0.43mg (4.33%), Vitamin B12: 0.18µg (2.96%)