



Spinach in Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



119 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon brown mustard seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 10 curry leaves fresh
- ☐ 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact
- ☐ 0.5 small onion chopped
- ☐ 1 cup yogurt plain greek-style (not)
- ☐ 0.1 teaspoon pepper red hot
- ☐ 6 servings salt

- ☐ 1 pound pkt spinach finely chopped
- ☐ 3.5 tablespoons vegetable oil divided
- ☐ 2 tablespoons water

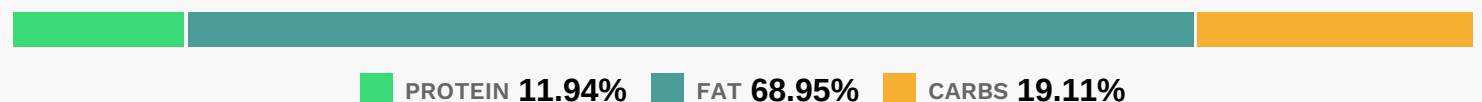
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat until it shimmers. Cook onion, stirring occasionally, until tender, about 7 minutes.
- ☐ Add spinach, chile, 2 tablespoons water, and 3/4 teaspoon salt and cook, uncovered, stirring occasionally, until spinach is wilted, 3 to 5 minutes.
- ☐ Remove from heat and stir in yogurt.
- ☐ Heat remaining 1 1/2 tablespoons oil in a small heavy skillet over medium-high heat until it shimmers, then cook mustard seeds until they begin to pop and/or turn gray, then add cumin seeds and red pepper flakes and cook, stirring, until cumin seeds brown, about 30 seconds more.
- ☐ Add curry leaves (if using), covering skillet immediately for a few seconds, then stir spice mixture into spinach mixture. Season with salt.
- ☐ Serve warm.
- ☐ •Indian ingredients can be mail-ordered from Kalustyans.com.•Chile can be removed during cooking when the dish is spicy enough for your taste.•Spinach-yogurt mixture, without spiced oil, can be made 1 day ahead and chilled. Reheat before proceeding with recipe.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:26.982608734266%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 119.14kcal (5.96%), Fat: 9.66g (14.85%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.73g (3.03%), Cholesterol: 5.31mg (1.77%), Sodium: 299mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin K: 379.9µg (361.81%), Vitamin A: 7209.03IU (144.18%), Vitamin B3: 19.77mg (98.86%), Folate: 346.53µg (86.63%), Vitamin C: 56.14mg (68.05%), Manganese: 0.7mg (35.06%), Magnesium: 66.97mg (16.74%), Vitamin E: 2.24mg (14.91%), Potassium: 500.58mg (14.3%), Calcium: 136.06mg (13.61%), Iron: 2.32mg (12.9%), Vitamin B2: 0.21mg (12.1%), Vitamin B6: 0.17mg (8.49%), Fiber: 2.11g (8.46%), Phosphorus: 79.93mg (7.99%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.1%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.74µg (2.49%), Vitamin B5: 0.22mg (2.16%)