

Aloo Palak – Indian Potato Spinach Gravy

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/aloo-palak-indian-potatoes-and-spinach-recipe>

Ingredients:

- 1 bunch spinach Palak
- 2 garlic cloves
- 15 baby potatoes
- 1/2 inch ginger
- 1 cup chopped onion
- 1 cup chopped tomatoes
- 1/2 cup cashews
- 2 green chilies
- 1 bay leaf
- 4 cloves
- 1 cinnamon stick
- 1/4 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- salt to taste
- 1/2 teaspoon red chili powder
- 1 teaspoon garam masala powder optional
- 1/4 cup chopped cilantro

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 21 grams
3. Fat: 13 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 280 milligrams

8. Sugar: 6 grams

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