

Instant Pot Swiss Chard Saag

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chard-indian-recipe>

Ingredients:

- 1 tablespoon ghee
- 1 onion diced
- 4 teaspoons minced garlic
- 2 teaspoons minced ginger
- 2 teaspoons salt to taste
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne adjust to taste
- 1/4 teaspoon turmeric
- 1 1/2 pounds rainbow chard rinsed, thick leaf midribs removed and torn or chopped
- ghee or butter, for serving

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 7 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 1030 milligrams
7. Sugar: 2 grams

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