

Saag Paneer

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 packets fresh spinach
- 1 15/16 cups paneer
- 1 teaspoon cumin seeds
- 2 onions medium, chopped fine
- 2 teaspoons ginger
- 2 teaspoons crushed garlic
- 2 tomato
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon garam masala
- 1/2 teaspoon red chili powder
- 1 tablespoon heavy cream
- 3 tablespoons oil
- salt to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 210 milligrams
9. Sugar: 4 grams

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