

Chana Saag

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons olive oil \$0.32
- 1 medium onion \$0.36
- 2 cloves garlic \$0.16
- 2 inches fresh ginger \$0.15
- 1 tablespoon curry powder hot or mild \$0.30
- 1 teaspoon cumin \$0.05
- 3/4 teaspoon salt \$0.05
- 1 large tomato \$0.84
- 1 pound frozen chopped spinach \$1.53
- 19 ounces chickpeas \$1.65
- 12 ounces evaporated milk \$0.99
- 1/2 cup water \$0.00

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 25 milligrams
4. Fat: 16 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 1030 milligrams
9. Sugar: 4 grams

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