

Pressure Cooker Low Carb Palak Paneer Indian Spinach

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/garlic-paneer-recipe-indian-healthy>

Ingredients:

- 2 teaspoons oil
- 5 cloves garlic chopped
- 1 tablespoon ginger chopped
- 1/2 serrano or jalapeño chili chopped
- 1 yellow onion large, chopped
- 1 pound spinach
- 2 tomatoes chopped
- 2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper adjust as needed
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1/2 cup water
- 1 1/2 cups paneer

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 13 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 690 milligrams
7. Sugar: 3 grams

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