

Indian Palak Paneer (Low Carb & Keto)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 16 ounces paneer cheese
- 2 cups water as needed
- 20 ounces frozen spinach thawed and drained
- 1/4 cup sour cream
- 2 tablespoons ghee or coconut oil
- 1 tablespoon minced onion
- 1 tablespoon minced garlic
- 2 teaspoons ground coriander
- 2 teaspoons turmeric
- 2 teaspoons Garam Masala
- 2 teaspoons red pepper flakes you can omit this or adjust it depending on what spice level you like
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- 2 tablespoons minced ginger
- 1 teaspoon salt
- 2 tablespoons tomato puree

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 90 milligrams
4. Fat: 36 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 17 grams
8. Sodium: 1130 milligrams

9. Sugar: 6 grams

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