

Indian Spiced Greens

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon cumin seed
- 1/2 teaspoon mustard seed
- 4 green chillies finely chopped
- 1 piece fresh root ginger grated
- 1/2 teaspoon turmeric
- 13 7/8 cups greens shredded, such as kale, Brussels sprouts, or any other
- 11/16 cup peas
- 1 lemon
- 1/2 teaspoon ground coriander
- 1 bunch coriander roughly chopped
- 2 tablespoons unsweetened desiccated coconut

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 20 grams
3. Fat: 4.5 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. Sodium: 310 milligrams
7. Sugar: 6 grams

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