

# Indian-Spiced Spinach (Saag)

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons oil
- 2 tablespoons ginger minced
- 1/2 cup onion minced
- 4 cloves garlic
- 1/2 teaspoon red pepper flakes
- 300 grams frozen spinach
- 2 teaspoons ground coriander
- 1 teaspoon cumin
- 1/2 teaspoon cardamom
- 1/2 teaspoon canela
- salt to taste
- 1/2 cup plain yogurt {dairy or non-dairy, do not use sweetened yogurt}
- 1/2 cup paneer per person
- 1 cup cooked chicken per person

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 45 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 350 milligrams
9. Sugar: 4 grams

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