

Indian Summer Greens

Yield: 6 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon butter
- 1 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 4 green chillies finely chopped
- 1 5/8 inches root ginger piece
- 1/2 teaspoon turmeric
- 13 7/8 cups greens summer, shredded
- 11/16 cup peas / blanched broad beans
- 1 lemon
- 2 tablespoons coconut grated
- 1 teaspoon garam masala

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 200 milligrams
9. Sugar: 3 grams

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