

Indian-style Mustard Greens

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 onion small
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 tablespoon ginger root minced, peeled
- 4 cloves garlic minced
- 1/2 teaspoon turmeric
- 1 1/2 pounds mustard greens stems removed, roughly chopped
- 2 tomatoes medium, chopped
- salt
- fresh lemon juice

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 18 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams
8. Sugar: 7 grams

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