

Indian Creamy Spinach (Palak Paneer without the Paneer)

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 9 ounces frozen chopped spinach / 1 1/2 lb.fresh spinach leaves
- 2 teaspoons garlic minced
- 1 teaspoon ginger minced
- 2 chilies dried birds eye, / 1 dried chili / 1/4 teaspoon chili powder
- 1/2 cup yellow onions chopped
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon Garam Masala
- 3/4 cup plain yogurt
- 2 teaspoons tomato sauce
- 1 tablespoon ghee
- salt to taste

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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