

Saag Paneer (Curried Spinach with Cheese)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vegerecipesof-india-paneer-recipe>

Ingredients:

- 1 onion large, diced
- 1 hot chili pepper seeded and chopped
- 3 cloves garlic minced
- 2 teaspoons fresh ginger grated
- 1 cup paneer fresh, cut into ½" cubes
- 1 tablespoon canola oil
- 1/2 teaspoon garam masala
- 1/4 teaspoon cumin seed
- 1 pound fresh spinach finely chopped
- 1/2 cup Greek-style yogurt plain full-fat
- 1/2 teaspoon salt
- 1/4 cup heavy cream
- 1 teaspoon lemon juice

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 5 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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