

Saag Aloo ~ Spinach Potato Curry

Yield: 3 min
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-aloo-saag-recipe>

Ingredients:

- 3 tablespoons oil I used 3 tbsp.
- 1/2 teaspoon mustard seeds
- 1/2 small onion cut in half and sliced
- 2 teaspoons ginger garlic paste
- 2 teaspoons chili powder adjust to taste
- 1 teaspoon salt adjust to taste
- 1/2 teaspoon turmeric powder my addition
- 1 pound potato peeled and cut into cubes, I used Russet Potato
- 1/3 cup water or Vegetable Stock, I used water
- 10 ounces spinach chopped, I used baby spinach

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 29 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 880 milligrams
8. Sugar: 2 grams

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