

SARSON KA SAAG

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 bunch mustard greens
- 1 bunch spinach
- 2 onion
- ginger grated – 2 tbsp
- 1 tomato
- 8 garlic cloves
- garam masala powder – 1/2 tsp
- 5 green chilli
- 2 tablespoons corn flour
- 1 teaspoon cumin seeds
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- salt to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 290 milligrams
9. Sugar: 6 grams

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