

Shahi Paneer

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons cooking oil
- 1 onion large, thinly sliced
- 4 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili powder Kashmiri
- 4 tomatoes pureed
- 1/2 pound paneer cubed
- 1/4 cup water
- 1 teaspoon white sugar
- salt to taste
- 1/4 cup cream
- 2 tablespoons chopped fresh cilantro

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 210 milligrams
9. Sugar: 6 grams

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