

# Indian Saag

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 pound fresh spinach
- 1 white radish large, peeled and diced
- 1 tablespoon vegetable oil
- 1/2 teaspoon black mustard seeds
- 1 medium onion finely chopped, about 3/4 cup
- 1 teaspoon fresh ginger finely grated
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 1/2 teaspoon Garam Masala
- 1 lemon juiced

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 11 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 680 milligrams
7. Sugar: 1 grams

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