

Spinach Rice / Indian style Palak Chawal

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-spinach-rice-indian-recipe>

Ingredients:

- 2 cups basmati rice
- 2 tablespoons olive oil
- 3 cloves
- 2 black cardamom
- 1 teaspoon cumin seeds
- 1/2 cup onion
- 1 teaspoon garlic
- 1 teaspoon ginger
- 3 cups spinach
- salt to taste
- 2 teaspoons lemon juice
- 12 cashew nuts

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 69 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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