

# Sweet Potato and Spinach Curry

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 2 tablespoons canola oil
- 1 tablespoon cumin seeds whole
- 1 medium white onion chopped, about 1 cup
- 2 garlic cloves medium, minced, about 2 teaspoons
- 1 inch fresh ginger piece, peeled and minced, about 1 tablespoon
- 1/4 teaspoon ground cayenne pepper
- 1 teaspoon sweet paprika
- 1/2 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons kosher salt
- 1 sweet potato large, about, about 1 1/2 pounds peeled and cut into 1-inch cubes
- 1 cup water
- 1 pound spinach ends trimmed, leaves rinsed, and roughly chopped

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 16 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1010 milligrams
8. Sugar: 3 grams

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