

Recipe: Aloo palak *











Aloo palak

Number of Servings: 51.02 (113.4 g per serving)

Weight: 5785.60 g

Cost: 16.73 (0.33 per serving)

Recipe

Item Name	Quantity	Measure	User Code
 POTATO, Diced 5/8" Skinless Blanched Ref	9 Pound		USF - 8343956
 SPINACH, Baby Flat Leaf Fresh	6 Quart		USF - 4425690
 OIL, Canola Olive Extra Virgin 90/10 Blend	1 1/8 Cup		USF - 1333970
 Spice, cumin, seeds, black	2 Tablespoon		
 Garlic, cloves, fresh, minced	2 Tablespoon		
 GINGER ROOT, Fresh	2 Tablespoon		USF - 7015597
 PEPPER, Chili Green Whole Peeled Fire Roasted Can	2 Tablespoon		USF - 4957077
 SPICE, Pepper Red Chili Crushed Flake Seasoning	2 Tablespoon		USF - 760462
 SPICE, Coriander Ground	1/4 Cup		USF - 0760181
 turmeric, ground	1 Tablespoon		

Preparation Method

Preparation Ti...	Cook Time	Cook Tempera...	Cook Method	Pan Size

Aloo palak
11/06/2018

Nutrition Facts

Serving Size (113g)

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 40

% Daily Value*

Total Fat 5g

8%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 50mg

2%

Total Carbohydrate 17g

6%

Dietary Fiber 3g

12%

Sugars 0g

Protein 3g

Vitamin A 35%

• Vitamin C 45%

Calcium 4%

• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:

2,000

2,500

Total Fat

Less than

65g

80g

Saturated Fat

Less than

20g

25g

Cholesterol

Less than

300mg

300mg

Sodium

Less than

2,400mg

2,400mg

Total Carbohydrate

300g

375g

Dietary Fiber

25g

30g

INGREDIENTS: Potato: (Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness).), Baby Spinach, 90/10 Oil Blend: (Canola Oil, Extra Virgin Olive Oil), Dried Coriander, Green Chili Peppers: (Green chili peppers, water, salt, citric acid), Garlic, cloves, fresh, minced, Spice, cumin, seeds, Fresh Ginger, Crushed Red Pepper, Spice, tumeric, ground.