



Alicia's Aloo Gobi



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce coconut milk canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 medium head cauliflower chopped
- ☐ 1 tablespoon cayenne pepper
- ☐ 1 teaspoon cumin seeds
- ☐ 2 tablespoons garam masala
- ☐ 1 tablespoon garlic minced

- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ground coriander
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon ground turmeric
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion chopped
- ☐ 1 tablespoon salt
- ☐ 3 large yukon gold potatoes cubed peeled

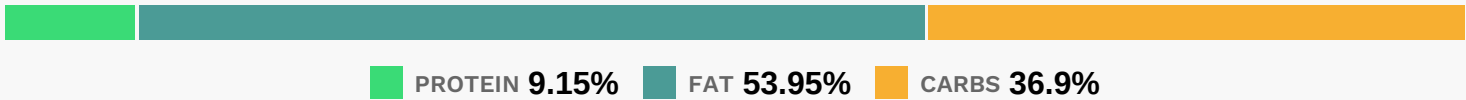
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot on medium-high heat and add onion. Cook until softened, about 4 minutes, then stir in garlic and cumin. Continue to cook until onion begins to brown.
- ☐ Stir in tomatoes and coconut and the coriander, salt, turmeric, cayenne pepper, cinnamon, ginger, and cardamom. Stir until mixture begins to boil, then put in the potatoes, cauliflower, and garbanzo beans. Blend well. Reduce heat to low and cover.
- ☐ Simmer until the potatoes are tender, 45 minutes to an hour (this will depend on the size of the potato chunks).
- ☐ Sprinkle in the garam masala, stir, and cook for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:24.68, Inflammation Score:-10, Nutrition Score:36.0030433406%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 673.08kcal (33.65%), Fat: 43.03g (66.2%), Saturated Fat: 24.93g (155.83%), Carbohydrates: 66.22g (22.07%), Net Carbohydrates: 48.26g (17.55%), Sugar: 13.38g (14.87%), Cholesterol: 0mg (0%), Sodium: 2253.1mg (97.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.86%), Manganese: 3.15mg (157.47%), Vitamin C: 112.03mg (135.79%), Vitamin B6: 1.47mg (73.26%), Fiber: 17.96g (71.84%), Potassium: 1883.76mg (53.82%), Copper: 0.9mg (45.09%), Iron: 7.99mg (44.37%), Folate: 167.18µg (41.8%), Magnesium: 161.36mg (40.34%), Phosphorus: 395.46mg (39.55%), Vitamin K: 40.14µg (38.23%), Vitamin E: 4.02mg (26.82%), Vitamin B3: 4.7mg (23.49%), Vitamin B1: 0.35mg (23.27%), Vitamin B5: 2.19mg (21.94%), Zinc: 2.88mg (19.19%), Calcium: 183.38mg (18.34%), Selenium: 12.19µg (17.42%), Vitamin A: 775.89IU (15.52%), Vitamin B2: 0.23mg (13.78%)