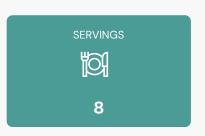


# **Aloo Gobhi Stuffing**

**Vegetarian** 







SIDE DISH

## **Ingredients**

24 inch crusty baguette cut into 3/4-inch cubes (8 cups)
1 teaspoon pepper black
O.5 cup butter unsalted for buttering pan
3 medium carrots cut into 1/4-inch dice
2 lb cauliflower trimmed cut into 1/2-inch-wide florets and stem piece
O.3 teaspoon ground pepper
3 rib celery stalks cut into 1/4-inch dice
1 teaspoon cumin seeds

	2.5 teaspoons curry powder (preferably Madras)	
	12 fl. oz. chicken broth reduced-sodium	
	3 medium onion coarsely chopped	
	7 oz roasted cashews unsalted	
	1.5 lb baking potatoes peeled cut into 1/2-inch dice (baking)	
	1.5 teaspoons sea salt	
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Eq	uipment	
	bowl	
	frying pan	
	oven	
	baking pan	
	aluminum foil	
Directions		
	Put oven racks in upper and lower thirds of oven and preheat oven to 350°F. Butter a shallow 3-quart baking dish (13 by 9 inches).	
	Spread bread cubes in 1 layer in 2 large shallow baking pans and bake, switching position of pans halfway through baking, until dry, 20 to 25 minutes.	
	Remove from oven.	
	Increase oven temperature to 450°F.	
	Cut 1 stick butter into pieces, then heat in a deep 12-inch nonstick skillet over moderate heat until foam subsides.	
	Add onions, carrots, celery, and potatoes and cook, stirring occasionally, until vegetables are softened, about 8 minutes.	
	Add cauliflower and cook, stirring, until cauliflower is crisp-tender, about 8 minutes. Stir in curry powder, salt, pepper, cumin, and cayenne and cook, stirring, 2 minutes.	
	Transfer to a large bowl and toss with bread cubes.	
	Add broth and 1 cup cashews, then toss to coat.	
	Spread stuffing in baking dish and cover tightly with buttered foil (buttered side down).	

	Bake in upper third of oven until heated through, about 20 minutes.	
	Remove foil and sprinkle remaining 1/2 cup cashews over top, then bake until top is browned, about 10 minutes more.	
	Stuffing can be assembled, but not baked, 1 day ahead and chilled, covered. Bring to room temperature before baking.	
Nutrition Facts		
	PROTEIN 9.89% FAT 51.86% CARBS 38.25%	

#### **Properties**

Glycemic Index:52.29, Glycemic Load:17.31, Inflammation Score:-10, Nutrition Score:24.213912948318%

#### **Flavonoids**

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

### Nutrients (% of daily need)

Calories: 396.21kcal (19.81%), Fat: 24.13g (37.13%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 34.11g (12.4%), Sugar: 7.23g (8.03%), Cholesterol: 30.5mg (10.17%), Sodium: 648.44mg (28.19%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 10.35g (20.7%), Vitamin A: 4216.11IU (84.32%), Vitamin C: 64.06mg (77.65%), Copper: 0.75mg (37.6%), Manganese: 0.71mg (35.26%), Vitamin B6: 0.67mg (33.51%), Vitamin K: 33.33µg (31.74%), Potassium: 1038.05mg (29.66%), Folate: 115.65µg (28.91%), Magnesium: 113.72mg (28.43%), Phosphorus: 266.24mg (26.62%), Fiber: 5.94g (23.76%), Iron: 3.59mg (19.97%), Vitamin B1: 0.26mg (17.26%), Vitamin B3: 3.08mg (15.39%), Zinc: 2.23mg (14.85%), Vitamin B5: 1.48mg (14.76%), Vitamin B1: 0.07µg (1.14%)