



Aloo Gobi



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon mustard seeds black
- ☐ 4 servings cilantro hand torn (for garnish)
- ☐ 2 teaspoon garam masala
- ☐ 3 cloves garlic grated
- ☐ 1 tablespoon ginger grated (1 knob)
- ☐ 0.5 cup peas green
- ☐ 2 teaspoon honey (or vegan sugar)
- ☐ 2 teaspoon kosher salt

- ☐ 2 tablespoon juice of lemon
- ☐ 2 medium onions minced
- ☐ 0.5 tumeric
- ☐ 2 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 1 teaspoon cumin seeds whole

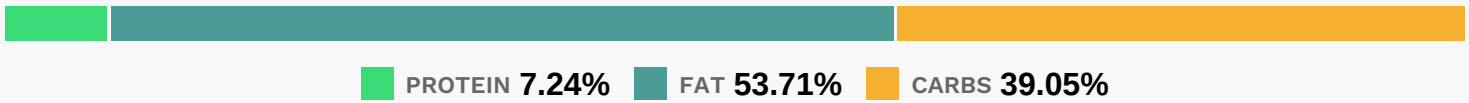
Equipment

- ☐ pot

Directions

- ☐ Heat heavy-bottomed pot over medium heat until very hot and add the oil.
- ☐ Add the mustard seeds, cumin and cloves and stir until the spices begin to crackle.
- ☐ Add the ginger and garlic and fry until fragrant then add the onion. Fry this mixture until the onions are soft and just starting to turn brown, then add the chili, garam masala, turmeric, salt, honey, water and potatoes.Cover and simmer over medium low heat for 10 minutes, add the cauliflower and cook until everything is tender, another 30-40 minutes.
- ☐ Add the lemon juice and peas at the very end and serve the Aloo Gobi garnished with cilantro alongside some basmati rice and raita.

Nutrition Facts



Properties

Glycemic Index:57.11, Glycemic Load:3.49, Inflammation Score:-8, Nutrition Score:5.3565216893735%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.28mg,

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Nutrients (% of daily need)

Calories: 121.05kcal (6.05%), Fat: 7.5g (11.53%), Saturated Fat: 1.1g (6.93%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 9.83g (3.58%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 1169.75mg (50.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin C: 15.16mg (18.38%), Vitamin K: 17.65µg (16.81%), Manganese: 0.24mg (11.81%), Fiber: 2.43g (9.73%), Vitamin B6: 0.14mg (6.92%), Folate: 25.37µg (6.34%), Vitamin B1: 0.09mg (5.98%), Iron: 0.9mg (5.02%), Phosphorus: 49.25mg (4.93%), Potassium: 166.97mg (4.77%), Magnesium: 18.44mg (4.61%), Vitamin E: 0.67mg (4.46%), Copper: 0.08mg (4.06%), Selenium: 2.55µg (3.64%), Vitamin A: 153.74IU (3.07%), Calcium: 30.56mg (3.06%), Zinc: 0.44mg (2.9%), Vitamin B2: 0.05mg (2.79%), Vitamin B3: 0.54mg (2.72%), Vitamin B5: 0.12mg (1.2%)