



Aloo Gobi (Potatoes and Cauliflower)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

Ingredients

- 2 pounds cauliflower trimmed cut into 1-inch florets
- 0.3 teaspoon ground pepper
- 4 teaspoons ginger fresh peeled finely chopped (from 1 [2-inch] piece)
- 3 medium garlic clove finely chopped
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.8 teaspoon kosher salt as needed plus more
- 0.5 teaspoon turmeric

- 1 tablespoon butter unsalted
- 0.3 cup vegetable oil
- 0.5 cup water
- 1 teaspoon mustard seeds yellow
- 1 pound yukon gold potatoes (4 medium potatoes)

Equipment

- bowl
- frying pan
- wooden spoon
- spatula

Directions

- Heat 3 tablespoons of the oil in a large frying pan (not nonstick) over medium–high heat until shimmering.
- Add the potatoes and season with salt. Cook, occasionally tossing and scraping up any browned bits from the bottom of the pan with a flat metal spatula, until the potatoes are beginning to brown in spots, about 6 minutes. Scrape the potatoes into a medium bowl and set aside.Reduce the heat to medium, add the remaining tablespoon of oil to the pan, and heat until shimmering.
- Add the mustard seeds and toast until fragrant and popping, about 1 minute.
- Add the ginger, garlic, cumin, measured salt, coriander, turmeric, and cayenne and cook, stirring occasionally with a wooden spoon, until fragrant, about 1 minute.
- Add the cauliflower and stir to coat in the spices. Return the potatoes to the pan, add the water, and stir to combine. Cover with a tightfitting lid and cook until the cauliflower is tender, about 10 minutes.
- Add the butter and stir until it’s melted and coating the vegetables. Taste and season with salt as needed.

Nutrition Facts



■ PROTEIN 9% ■ FAT 49.77% ■ CARBS 41.23%

Properties

Glycemic Index:33.79, Glycemic Load:11.29, Inflammation Score:-9, Nutrition Score:15.466956555519%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 201.48kcal (10.07%), Fat: 11.8g (18.15%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 17.02g (6.19%), Sugar: 3.57g (3.97%), Cholesterol: 5.02mg (1.67%), Sodium: 343.02mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin C: 88.51mg (107.28%), Vitamin K: 41.9µg (39.91%), Vitamin B6: 0.53mg (26.52%), Folate: 99.54µg (24.88%), Potassium: 800.17mg (22.86%), Manganese: 0.42mg (21.01%), Fiber: 4.97g (19.88%), Vitamin B5: 1.25mg (12.51%), Phosphorus: 120.1mg (12.01%), Magnesium: 45.34mg (11.33%), Vitamin B1: 0.15mg (9.77%), Iron: 1.63mg (9.07%), Vitamin B3: 1.64mg (8.22%), Copper: 0.16mg (8.05%), Vitamin B2: 0.12mg (7.17%), Vitamin E: 1mg (6.65%), Calcium: 52.64mg (5.26%), Zinc: 0.72mg (4.79%), Selenium: 2.5µg (3.57%), Vitamin A: 99.02IU (1.98%)