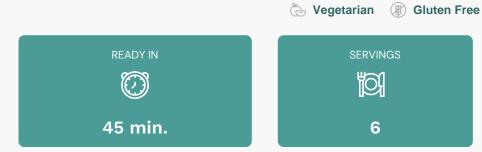


Aloo Gobi (Potatoes and Cauliflower)





SIDE DISH

Ingredients

0.5 teaspoon turmeric

2 pounds cauliflower trimmed cut into 1-inch florets
O.3 teaspoon ground pepper
4 teaspoons ginger fresh peeled finely chopped (from 1 [2-inch] piece)
3 medium garlic clove finely chopped
O.5 teaspoon ground coriander
1 teaspoon ground cumin
O.8 teaspoon kosher salt as needed plus more

	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

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, Kaem

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: Og (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%)