

## Aloo Palak

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**89 kcal**

SIDE DISH

## Ingredients

- 1 pinch asafoetida powder
- 1 teaspoon cumin seeds
- 6 curry leaves fresh
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seeds
- 1 tablespoon vegetable oil; peanut oil preferred

- 2 cups potatoes cubed
- 2 chile peppers dried red cut in half
- 6 servings salt to taste
- 6 cups pkt spinach fresh chopped
- 2 tablespoons water

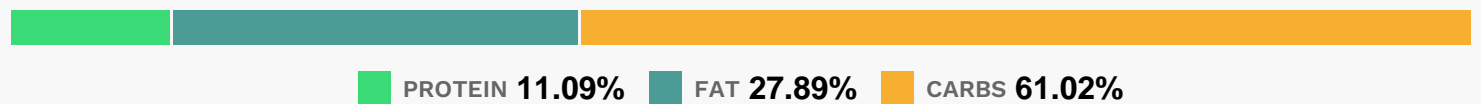
## Equipment

- frying pan

## Directions

- Heat 2 tablespoons peanut oil in a skillet; fry the cumin seeds, mustard seeds, and red chile peppers in the hot oil until the seeds begin to splutter, 2 to 3 minutes.
- Add the curry leaves, turmeric, and asafoetida powder; fry another 30 seconds. Stir the potatoes into the mixture to coat; cook until they begin to brown, about 5 minutes. Season with salt.
- Sprinkle the water over the potatoes; cover the skillet with a lid and cook until the potatoes are cooked, but still firm, about 10 minutes.
- Heat 1 tablespoon peanut oil in a separate skillet; cook the spinach in the hot oil until wilted.
- Sprinkle with salt; continue cooking until all the excess moisture evaporates, 2 to 3 minutes. Stir into the potato mixture. Season with the ground red pepper and cumin; stir. Cook until the spices integrate, 5 to 10 minutes.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:27.13, Glycemic Load:9.12, Inflammation Score:-10, Nutrition Score:19.395217439403%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## **Nutrients (% of daily need)**

Calories: 88.61kcal (4.43%), Fat: 2.89g (4.44%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 11.71g (4.26%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 223.2mg (9.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.58g (5.16%), Vitamin K: 146.68µg (139.7%), Vitamin B3: 12.54mg (62.71%), Vitamin A: 2972.74IU (59.45%), Vitamin C: 42.56mg (51.58%), Folate: 188.13µg (47.03%), Manganese: 0.45mg (22.53%), Vitamin B6: 0.28mg (13.91%), Potassium: 486.56mg (13.9%), Magnesium: 44.7mg (11.18%), Iron: 1.87mg (10.38%), Fiber: 2.5g (9.99%), Vitamin E: 1.09mg (7.25%), Copper: 0.13mg (6.32%), Phosphorus: 62.92mg (6.29%), Vitamin B1: 0.09mg (5.87%), Vitamin B2: 0.09mg (5.13%), Calcium: 50.27mg (5.03%), Zinc: 0.44mg (2.9%), Vitamin B5: 0.23mg (2.32%), Selenium: 1.62µg (2.32%)