

Aloo Phujia

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cayenne pepper
- 0.3 teaspoon ground cumin
- 0.5 teaspoon ground turmeric
- 1 onion chopped
- 1 pound potatoes cubed peeled
- 1 teaspoon salt
- 2 tomatoes chopped
- 0.3 cup vegetable oil

Equipment

frying pan

Directions

Lightly brown onion in oil in a medium size skillet.

Stir in salt, cayenne, turmeric and cumin.

Add potatoes and cook 10 minutes stirring occasionally.

Add tomatoes, cover pan and cook until potatoes are soft, about 10 minutes.

Nutrition Facts



PROTEIN 5.36% **FAT 52.6%** **CARBS 42.04%**

Properties

Glycemic Index:31.79, Glycemic Load:10.49, Inflammation Score:-9, Nutrition Score:6.9278260573097%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 154.65kcal (7.73%), Fat: 9.32g (14.33%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 14.2g (5.16%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 395.15mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Vitamin C: 22.04mg (26.72%), Vitamin K: 21.61µg (20.58%), Vitamin B6: 0.29mg (14.26%), Potassium: 451.34mg (12.9%), Manganese: 0.21mg (10.31%), Fiber: 2.56g (10.22%), Vitamin A: 413.82IU (8.28%), Vitamin E: 1.03mg (6.89%), Magnesium: 24.62mg (6.16%), Phosphorus: 59.6mg (5.96%), Copper: 0.12mg (5.78%), Vitamin B1: 0.09mg (5.69%), Folate: 21.98µg (5.49%), Vitamin B3: 1.09mg (5.44%), Iron: 0.88mg (4.9%), Vitamin B5: 0.28mg (2.83%), Vitamin B2: 0.04mg (2.3%), Zinc: 0.34mg (2.24%), Calcium: 18.96mg (1.9%)