



Baked ricotta-stuffed tandoori potatoes



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 6 medium potatoes
- ☐ 150 ml greek yogurt
- ☐ 1.5 tsp garam masala
- ☐ 1.5 tsp ginger paste (see instructions below)
- ☐ 0.5 tsp turmeric
- ☐ 0.5 tsp chili powder red
- ☐ 2 tsp juice of lemon
- ☐ 1 tbsp vegetable oil

- ☐ 4 tsp juice of lemon to taste (or)
- ☐ 200 g ricotta cheese
- ☐ 3 spring onion finely sliced
- ☐ 2 to 2 chillies slit green finely chopped
- ☐ 1 small bunch cilantro leaves finely chopped
- ☐ 1.5 tsp ground cumin
- ☐ 1.3 tsp pepper black freshly ground
- ☐ 1 handful cashew pieces roughly chopped
- ☐ 4 tsp vegetable oil

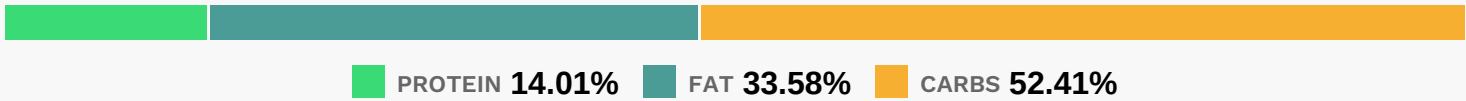
Equipment

- ☐ oven
- ☐ knife
- ☐ peeler

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Slice the rounded ends off the potatoes, then use an apple peeler and small knife to hollow out the potato, leaving a 1–2cm edge all the way around.
- ☐ Mix together the ingredients for the paste and the ingredients for the filling, seasoning both mixtures I tend to over-season both mixtures as the potato will absorb some of the salt.
- ☐ Fill the potatoes with the ricotta mixture, then coat in the paste. Sit the potatoes in an ovenproof dish, spoon any remaining paste on top, then cook for 50 mins–1 hr until the potato is soft when pierced with the tip of a knife.
- ☐ Serve thickly sliced with a salad of tomato, onion and coriander.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:28.01, Inflammation Score:-9, Nutrition Score:17.020000061263%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 323.52kcal (16.18%), Fat: 12.32g (18.96%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 37.35g (13.58%), Sugar: 3.55g (3.95%), Cholesterol: 18.06mg (6.02%), Sodium: 106mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Vitamin C: 47.3mg (57.33%), Vitamin B6: 0.7mg (34.82%), Vitamin K: 33.33µg (31.74%), Potassium: 1046.68mg (29.91%), Manganese: 0.52mg (25.82%), Phosphorus: 240.05mg (24%), Fiber: 5.92g (23.69%), Magnesium: 74.66mg (18.66%), Copper: 0.37mg (18.62%), Iron: 2.74mg (15.23%), Vitamin B1: 0.21mg (14.02%), Calcium: 132.96mg (13.3%), Vitamin B3: 2.49mg (12.46%), Selenium: 8.71µg (12.45%), Vitamin B2: 0.21mg (12.24%), Folate: 46.73µg (11.68%), Zinc: 1.48mg (9.9%), Vitamin B5: 0.84mg (8.41%), Vitamin A: 378.87IU (7.58%), Vitamin E: 0.72mg (4.81%), Vitamin B12: 0.26µg (4.35%)