



Batata Nu Shak (Potato Curry)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- 1 pinch asafoetida powder
- 1 teaspoon bob's mill garbanzo bean flour (besan)
- 1 teaspoon cumin seeds
- 0.5 teaspoon fennel seed
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger root fresh grated
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 0.5 teaspoon ground pepper red
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seeds
- 1 small onion chopped
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 cups potatoes cubed peeled
- 2 chile peppers dried red
- 4 servings salt to taste
- 1 tomatoes chopped
- 2 cups water
- 0.5 teaspoon sugar white

Equipment

- frying pan

Directions

- Heat the oil in a skillet over medium heat. Fry the cumin seeds, mustard seeds, fennel seeds, and red chile peppers in the oil until the seeds begin to splutter. Stir the asafoetida powder into the mixture.
- Add the onion, ginger, and turmeric; cook and stir for a few minutes.
- Add the tomato and simmer until the tomatoes are soft.
- Sprinkle the ground cumin, coriander, and ground red pepper over the mixture.
- Fold the potatoes into the mixture until coated.
- Pour the water into the skillet; season with the sugar and salt. Cover and cook until the potatoes are tender, about 20 minutes. The gravy should be nicely thickened. If not, add a teaspoon of chickpea flour to thicken it.
- Garnish with the cilantro to serve.

Nutrition Facts



■ PROTEIN 8.39% ■ FAT 27.38% ■ CARBS 64.23%

Properties

Glycemic Index:93.46, Glycemic Load:28.32, Inflammation Score:-9, Nutrition Score:14.466956501422%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 257.51kcal (12.88%), Fat: 8.1g (12.46%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 36.56g (13.3%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 218.36mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Vitamin C: 47.7mg (57.82%), Vitamin B6: 0.7mg (34.82%), Potassium: 1052.97mg (30.08%), Manganese: 0.55mg (27.39%), Fiber: 6.2g (24.78%), Magnesium: 67.94mg (16.99%), Iron: 2.88mg (16.02%), Copper: 0.31mg (15.59%), Phosphorus: 153.32mg (15.33%), Vitamin B1: 0.21mg (14.02%), Vitamin B3: 2.62mg (13.11%), Folate: 49.1µg (12.28%), Vitamin E: 1.48mg (9.84%), Vitamin A: 458.87IU (9.18%), Vitamin K: 7.94µg (7.56%), Vitamin B5: 0.69mg (6.91%), Zinc: 0.9mg (5.98%), Calcium: 57.43mg (5.74%), Vitamin B2: 0.09mg (5.52%), Selenium: 2.65µg (3.78%)