

Best Potatoes Ever!



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon coriander
- ☐ 1 teaspoon cumin seeds
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 inch ginger root fresh finely chopped
- ☐ 1.5 tablespoons ghee (clarified butter)
- ☐ 2 chile peppers green chopped
- ☐ 4 large potatoes cubed peeled

☐

0.5 teaspoon salt

Equipment

☐

frying pan

☐

sauce pan

Directions

☐

Place the potatoes in a saucepan with enough water to cover. Bring to a boil, and cook 10 minutes, until tender.

☐

Drain and allow to cool slightly.

☐

Heat the ghee in a large skillet over medium heat. Lightly toast the cumin seeds in the ghee.

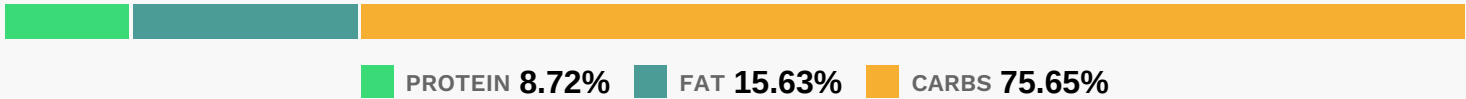
☐

Mix in the green chile peppers and ginger. Season with chili powder and coriander. Stir in the potatoes, and cook about 5 minutes. Season with amchoor and salt, and continue cooking about 15 minutes.

☐

Garnish with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:47.25, Inflammation Score:-7, Nutrition Score:19.685652069424%

Flavonoids

Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 344.63kcal (17.23%), Fat: 6.13g (9.44%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 66.82g (22.27%), Net Carbohydrates: 57.64g (20.96%), Sugar: 3.72g (4.14%), Cholesterol: 14.4mg (4.8%), Sodium: 398.06mg (17.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin C: 76.07mg (92.21%), Vitamin B6: 1.11mg (55.35%), Potassium: 1590.05mg (45.43%), Fiber: 9.18g (36.71%), Manganese: 0.6mg (30.16%), Magnesium: 88.73mg (22.18%), Phosphorus: 215.89mg (21.59%), Copper: 0.42mg (20.83%), Vitamin B1: 0.3mg (20.09%), Vitamin B3: 4.01mg (20.03%), Iron: 3.35mg (18.59%), Folate: 60.68µg (15.17%), Vitamin K: 13.85µg (13.19%), Vitamin B5: 1.11mg (11.12%), Vitamin B2: 0.13mg (7.55%), Zinc: 1.13mg (7.55%), Vitamin A: 298.63IU (5.97%), Calcium: 52.4mg

(5.24%), Vitamin E: 0.3mg (2%), Selenium: 1.27µg (1.81%)