



Bombay Aloo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp chilli powder
- ☐ 25 g dairy-free margarine
- ☐ 2 Cloves garlic
- ☐ 2 tbsp ground cumin
- ☐ 1 onion
- ☐ 1 tbsp oregano dried
- ☐ 2 tbsp paprika
- ☐ 2 tbsp tomato paste

- ☐ 1 tin tomatoes chopped
- ☐ 500 g potatoes white

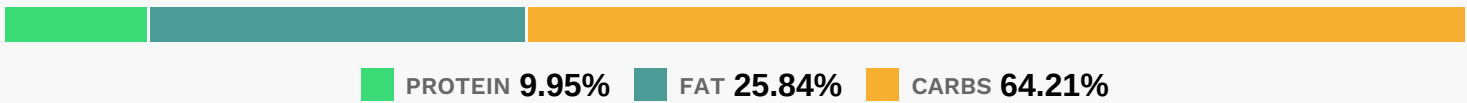
Equipment

- ☐ oven

Directions

- ☐ Cube the potatoes and boil for 10 minutes or until partially cooked. They must not be too soft or they will turn to mush. Preheat the oven to 200°C. Meanwhile, chop the onion into slices and dice the garlic.
- ☐ Mix the tomatoes, tomato paste, herbs, garlic and onion in an ovenproof dish.
- ☐ Add the potato cubes to the mixture and stir them in carefully until covered. Slice the margarine thinly and arrange over the top of the dish.
- ☐ Bake for 20–25 minutes or until the potato is soft and cooked.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:17.7, Inflammation Score:-10, Nutrition Score:18.594348078189%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 193.45kcal (9.67%), Fat: 6.02g (9.26%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 26.26g (9.55%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 187.23mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Vitamin A: 3540.02IU (70.8%), Vitamin C: 33.41mg (40.5%), Vitamin B6: 0.64mg (32.24%), Vitamin E: 4.58mg (30.54%), Manganese: 0.6mg (29.77%), Fiber: 7.37g (29.48%), Iron: 5.24mg (29.12%), Potassium: 953.07mg (27.23%), Vitamin K: 24.21µg (23.06%), Magnesium: 64.98mg (16.25%), Copper: 0.3mg (14.79%), Vitamin B3: 2.79mg (13.95%), Phosphorus: 135.29mg (13.53%), Vitamin B1: 0.17mg (11.61%),

Calcium: 98.87mg (9.89%), Vitamin B2: 0.16mg (9.59%), Folate: 36.89µg (9.22%), Zinc: 1.03mg (6.84%), Vitamin B5: 0.58mg (5.84%), Selenium: 2.39µg (3.42%)