



## Cauliflower and Potato Sabzi with Spices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

### Ingredients

- 1.8 pounds baking potatoes peeled halved lengthwise sliced
- 1.5 pounds cauliflower
- 2 teaspoons cumin seeds
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons ginger fresh peeled chopped
- 1 teaspoon garam masala
- 4 garlic cloves minced
- 0.5 teaspoon ground pepper red

- 0.8 teaspoon ground turmeric
- 1.5 teaspoons salt
- 0.3 cup tomato purée
- 2 tablespoons vegetable oil divided
- 0.3 cup water

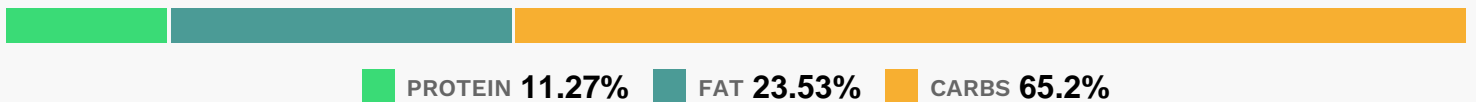
## Equipment

- dutch oven

## Directions

- Separate cauliflower into florets to measure 4 cups, reserving stems.
- Cut stems into thin slices to measure 1 cup.
- Heat 1 1/2 tablespoons oil in a Dutch oven over medium-high heat.
- Add potatoes, cumin seeds, and garlic; stir-fry for 6 minutes or until potatoes are crisp-tender. Stir in water and next 5 ingredients (water through pepper).
- Add the cauliflower florets and stems, stirring well; cover, reduce heat, and simmer 20 minutes or until vegetables are tender. Uncover, and drizzle with 1 1/2 teaspoons oil, cilantro, and Garam Masala, tossing well.

## Nutrition Facts



## Properties

Glycemic Index:39.29, Glycemic Load:20.18, Inflammation Score:-9, Nutrition Score:15.680000149685%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 189.7kcal (9.49%), Fat: 5.27g (8.11%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 28.23g (10.27%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 629.44mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin C: 65.02mg (78.82%), Vitamin B6: 0.73mg (36.33%), Vitamin K: 31.79µg (30.27%), Potassium: 1003.53mg (28.67%), Manganese: 0.5mg (25%), Folate: 86.1µg (21.52%), Fiber: 4.63g (18.53%), Magnesium: 56.34mg (14.09%), Iron: 2.51mg (13.94%), Phosphorus: 137.64mg (13.76%), Vitamin B5: 1.24mg (12.43%), Copper: 0.25mg (12.43%), Vitamin B1: 0.18mg (11.96%), Vitamin B3: 2.27mg (11.33%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 0.87mg (5.83%), Calcium: 57.21mg (5.72%), Zinc: 0.83mg (5.54%), Vitamin A: 213.54IU (4.27%), Selenium: 1.69µg (2.41%)