



Cauliflower and Potato Stir-Fry - East Indian



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 teaspoon caraway seeds
- ☐ 1 head cauliflower with 1-inch stalks cut into florets
- ☐ 2 teaspoons cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground turmeric
- ☐ 1 large potatoes diced

- ☐ 1 teaspoon chili powder red
- ☐ 0.5 onion red chopped
- ☐ 1 teaspoon salt

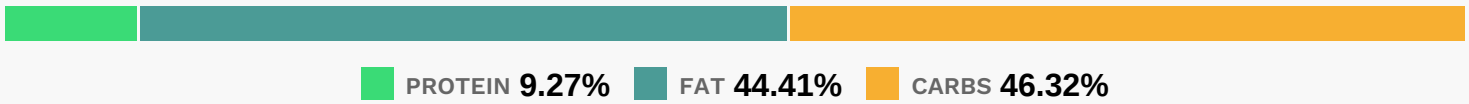
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium heat; add cumin and caraway seeds until they begin to pop and oil bubbles, 1 to 2 minutes. Cook and stir onion and garlic in the hot oil until onion is soft and translucent, 5 to 10 minutes.
- ☐ Stir cauliflower and potato into onion mixture to coat with oil.
- ☐ Add chili powder, turmeric, and salt; stir to coat vegetables.
- ☐ Cover skillet and cook vegetables over medium-low heat, stirring occasionally, until cauliflower and potatoes are softened, about 20 minutes.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:13.76, Inflammation Score:-10, Nutrition Score:16.999565186708%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 218.59kcal (10.93%), Fat: 11.44g (17.59%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 21.04g (7.65%), Sugar: 4.16g (4.63%), Cholesterol: 0mg (0%), Sodium: 641.71mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin C: 90mg (109.09%), Vitamin K: 35.38µg

(33.69%), Vitamin B6: 0.62mg (30.87%), Manganese: 0.53mg (26.26%), Potassium: 902.63mg (25.79%), Folate: 100.5µg (25.13%), Fiber: 5.8g (23.21%), Vitamin E: 2.24mg (14.96%), Iron: 2.46mg (13.69%), Phosphorus: 135.56mg (13.56%), Magnesium: 51.84mg (12.96%), Vitamin B5: 1.28mg (12.77%), Vitamin B1: 0.17mg (11.26%), Copper: 0.19mg (9.7%), Vitamin B3: 1.9mg (9.48%), Vitamin B2: 0.14mg (7.97%), Calcium: 67.64mg (6.76%), Zinc: 0.84mg (5.59%), Vitamin A: 232.63IU (4.65%), Selenium: 1.88µg (2.69%)