



Chili Gobi

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

Ingredients

- 1 medium cauliflower
- 0.5 teaspoon chili powder
- 1 teaspoon chili sauce
- 1 teaspoon cornstarch
- 4 servings curry leaves
- 1 eggs
- 1 tablespoon ginger
- 3 to 2 chilies slit green

- 4 servings cooking oil
- 2 onion chopped
- 0.5 cup flour plain
- 1 tablespoon soya sauce
- 1 teaspoon sugar
- 1 tablespoon tomato sauce
- 1 vegetable cube


Equipment

- frying pan

Directions

- Make a batter with chili powder, beaten egg, flour, vegetable stock (or water) and salt. Dip cauliflower pieces in the batter and fry in oil until light brown.
- Heat oil in a pan and add chopped onions, ginger-garlic paste, green chillies, and curry leaves, and saute well.
- Add vegetable stock, soy sauce, chili sauce, and tomato sauce and stir well.
- Mix corn starch with water and add to pan.
- Add fried cauliflower pieces and salt and cook until dry. Stir in sugar.

Nutrition Facts

 **PROTEIN 9.77%**  **FAT 49.57%**  **CARBS 40.66%**

Properties

Glycemic Index:69.77, Glycemic Load:11.96, Inflammation Score:-8, Nutrition Score:23.315652173913%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 280.51kcal (14.03%), Fat: 15.99g (24.6%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 23.83g (8.66%), Sugar: 7.78g (8.64%), Cholesterol: 40.92mg (13.64%), Sodium: 633.92mg (27.56%), Protein: 7.09g (14.18%), Vitamin C: 117.96mg (142.98%), Vitamin B3: 25mg (125%), Folate: 362.67µg (90.67%), Vitamin K: 33µg (31.43%), Fiber: 5.68g (22.71%), Manganese: 0.44mg (22%), Vitamin E: 2.88mg (19.19%), Vitamin B6: 0.38mg (18.94%), Potassium: 579.49mg (16.56%), Vitamin B1: 0.23mg (15.38%), Vitamin B2: 0.24mg (14.35%), Selenium: 9.97µg (14.24%), Vitamin B5: 1.3mg (12.98%), Phosphorus: 127.35mg (12.73%), Iron: 1.86mg (10.31%), Magnesium: 35.91mg (8.98%), Copper: 0.13mg (6.39%), Calcium: 63.88mg (6.39%), Zinc: 0.78mg (5.21%), Vitamin A: 234.96IU (4.7%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)