

Classic Cookbooks: Delicious 'Dry' Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

SIDE DISH

Ingredients

- 1 teaspoon mustard seeds shopping list whole black
- 1 teaspoon fennel seeds whole
- 12 fenugreek seeds whole
- 0.5 teaspoon turmeric
- 1 tablespoon juice of lemon
- 7 medium potatoes cooled boiled (I used)
- 3 pasilla peppers dried whole red hot
- 1.5 teaspoons salt to taste (or)

- 10 tablespoons vegetable oil
- 1 teaspoon cumin seeds whole

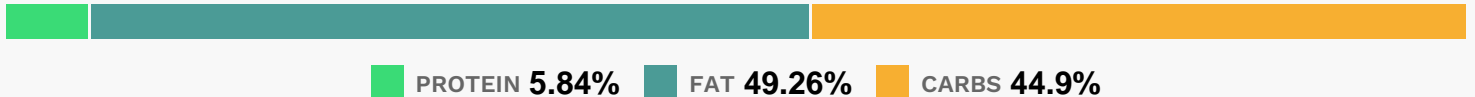
Equipment

- pot
- wok

Directions

- Just before you start, peel the boiled potatoes and dice them into pieces about 1 inch by 1/2 inch.
- In a wok or a 10–12 inch pot, heat the oil over medium flame. When very hot, put in the fennel and cumin seeds, and then the mustard seeds and fenugreek seeds. As they begin to change color and pop (about 10 seconds), add the red peppers. As soon as the red peppers swell and darken, add the diced potatoes, turmeric, and salt. Keep on medium heat and fry, turning gently so as not to break the potatoes. Fry for 15–20 minutes, until the potatoes are unevenly browned. Squeeze lemon juice over potatoes and taste for salt.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:31.96, Inflammation Score:-9, Nutrition Score:19.255652241085%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 416.16kcal (20.81%), Fat: 23.45g (36.07%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 40.84g (14.85%), Sugar: 3.48g (3.86%), Cholesterol: 0mg (0%), Sodium: 600.41mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin C: 97.99mg (118.78%), Vitamin K: 50.88µg (48.45%), Vitamin B6: 0.89mg (44.38%), Potassium: 1187.91mg (33.94%), Fiber: 7.24g (28.97%),

Manganese: 0.54mg (26.87%), Magnesium: 71.76mg (17.94%), Iron: 3.22mg (17.89%), Copper: 0.34mg (17.07%), Phosphorus: 167.54mg (16.75%), Vitamin B1: 0.25mg (16.5%), Vitamin B3: 3.01mg (15.04%), Vitamin E: 2.14mg (14.3%), Folate: 48.26µg (12.06%), Vitamin B5: 0.8mg (8.02%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.92mg (6.11%), Calcium: 48.53mg (4.85%), Vitamin A: 231.31IU (4.63%), Selenium: 1.94µg (2.77%)