



Coconut Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

Ingredients

- 16 ounce coconut milk canned
- 1 tablespoon cumin seeds
- 1 inch ginger root fresh minced
- 1 bunch parsley fresh chopped
- 5 cloves garlic minced
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 pound potatoes halved

- 2 onions red chopped
- 4 servings salt and pepper to taste
- 2 tablespoons tomato purée

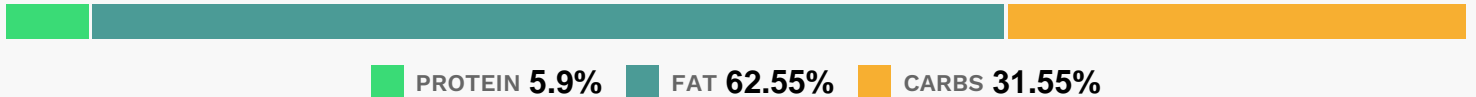
Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat. Cook the potatoes in the hot oil until browned on all sides, about 10 minutes.
- Remove from skillet and reserve.
- Reduce the heat to medium, and cook the onions in the skillet until translucent, 2 to 4 minutes. Stir the garlic, ginger, turmeric, cumin seeds, and salt and pepper into the onions. Cook until fragrant, about 1 minute. Return the potatoes to the skillet and cook until almost done, about 15 minutes.
- Pour the coconut milk over the potatoes; stir in the tomato puree and chopped parsley. Cook until potatoes are cooked through and sauce has thickened, about 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:16.2, Inflammation Score:-10, Nutrition Score:23.290434775145%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 423.62kcal (21.18%), Fat: 31.19g (47.99%), Saturated Fat: 24.53g (153.31%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 28.47g (10.35%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 233.67mg (10.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin K: 238.78µg (227.41%), Manganese: 1.48mg (73.79%), Vitamin C: 50.89mg (61.68%), Potassium: 1031.83mg (29.48%), Iron: 5.18mg (28.8%), Fiber: 6.92g (27.69%), Vitamin B6: 0.53mg (26.28%), Copper: 0.52mg (26.05%), Vitamin A: 1263.98IU (25.28%), Magnesium: 90.65mg (22.66%), Phosphorus: 220.61mg (22.06%), Folate: 69.93µg (17.48%), Vitamin B3: 2.56mg (12.79%), Selenium: 8.36µg (11.95%), Vitamin B1: 0.18mg (11.86%), Zinc: 1.51mg (10.05%), Calcium: 87.61mg (8.76%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 1.03mg (6.89%), Vitamin B2: 0.08mg (4.84%)