



## Cook the Book: Chunky Potatoes with Golden Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

### Ingredients

- ☐ 14.5 ounces tomatoes diced canned
- ☐ 2 tablespoons canola oil
- ☐ 3 pepper flakes dried red
- ☐ 0.3 cup cilantro leaves fresh packed
- ☐ 1 teaspoon cumin seeds
- ☐ 4 cloves garlic
- ☐ 2 ginger fresh

- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup peas green frozen thaw (no need to )
- ☐ 1 small onion red coarsely chopped
- ☐ 1 pound yukon gold potatoes cold peeled cut into 1/2-inch cubes, and submerged in a bowl of water to prevent browning

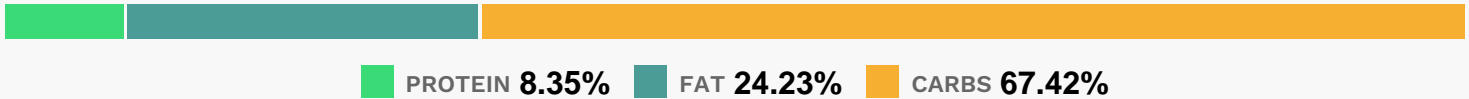
## Equipment

- ☐ frying pan
- ☐ blender

## Directions

- ☐ Combine the tomatoes, with their juices, and the onion, cilantro, garlic, chiles, and ginger in a blender jar. Puree, scraping the inside of the jar as needed, to make a reddish-green sauce.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the cumin seeds and cook until they sizzle, turn a reddish brown, and smell nutty, 5 to 10 seconds. Immediately add the pureed tomato-onion sauce. Lower the heat to medium and cook, partially covered to contain some of the spattering, stirring occasionally, until the liquid evaporates and some of the oil starts to separate from the sauce, 15 to 20 minutes.
- ☐ Stir in 1 cup water.
- ☐ Drain the potatoes and add them. Cook, covered, stirring occasionally, until the potatoes are fork tender, 20 to 25 minutes.
- ☐ Stir in the peas and cook, uncovered, until they are warmed through, 2 to 3 minutes.
- ☐ Top the curry with raisins and serve.

## Nutrition Facts



## Properties

Glycemic Index:56.46, Glycemic Load:16.67, Inflammation Score:-6, Nutrition Score:12.521304457084%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 179.97kcal (9%), Fat: 5.15g (7.92%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 27.93g (10.16%), Sugar: 12.1g (13.44%), Cholesterol: 0mg (0%), Sodium: 108.83mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 61.12mg (74.08%), Vitamin B6: 0.53mg (26.27%), Potassium: 693.05mg (19.8%), Manganese: 0.37mg (18.68%), Fiber: 4.31g (17.25%), Vitamin K: 15.51µg (14.78%), Copper: 0.25mg (12.29%), Iron: 2.2mg (12.22%), Magnesium: 43.05mg (10.76%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 103.88mg (10.39%), Vitamin B3: 2.03mg (10.15%), Vitamin E: 1.51mg (10.1%), Folate: 35.22µg (8.8%), Vitamin A: 438.07IU (8.76%), Vitamin B2: 0.13mg (7.67%), Calcium: 54.65mg (5.46%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.42mg (4.22%), Selenium: 1.13µg (1.61%)