



Crispy Coriander Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon optional: lemon fresh
- ☐ 1.5 pounds potatoes red

- ☐ 4 servings salt
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil

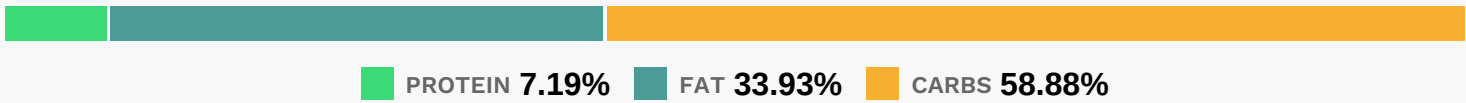
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Throw the potatoes in a large pot, cover with room temperature water, and season with salt. Set on a high flame and bring to a boil. Reduce to a simmer and cook until a fork inserted into the potatoes draws out without resistance, 15 to 20 minutes.
- ☐ Drain and set aside to cool. Once they're cool enough to handle, cut each potato into bite-size pieces.
- ☐ In a large skillet or wok, warm the oil until it's shimmering but not smoking.
- ☐ Add the fennel seeds; they should sizzle upon contact with the oil. Immediately add the potatoes, coriander, turmeric, thyme, salt, and pepper. Stir-fry until the potatoes get crispy and golden brown on the outside. Finish with the fresh cilantro and lime juice and serve.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:8.8265217775884%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 185.37kcal (9.27%), Fat: 7.26g (11.16%), Saturated Fat: 1.12g (7%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 24.76g (9.01%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 806.77mg (35.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Potassium: 805.7mg (23.02%), Vitamin C: 16.98mg (20.58%), Vitamin K: 20.64µg (19.66%), Manganese: 0.35mg (17.36%), Vitamin B6: 0.3mg (15.03%), Fiber: 3.57g (14.29%), Copper: 0.25mg (12.32%), Phosphorus: 110.24mg (11.02%), Magnesium: 42.55mg (10.64%), Vitamin B3: 2.02mg (10.12%), Iron: 1.73mg (9.62%), Vitamin B1: 0.14mg (9.59%), Folate: 31.63µg (7.91%), Vitamin B5: 0.49mg (4.86%), Zinc: 0.63mg (4.2%), Vitamin E: 0.6mg (4.02%), Vitamin B2: 0.06mg (3.44%), Calcium: 32.04mg (3.2%), Selenium: 1.03µg (1.47%)