



Curried Cumin Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 teaspoons sea salt



2 tablespoons cumin seed



2 teaspoons curry powder



3 tablespoons cilantro leaves fresh chopped



1 teaspoon ground pepper black



2 teaspoons ground turmeric



2 pounds new potatoes cut into 1/ pieces



2 tablespoons olive oil

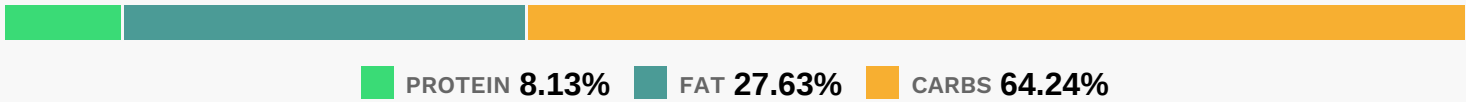
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place whole potatoes into a saucepan with water to cover. Bring to a boil, and cook until just tender.
- ☐ Drain, and cut potatoes into quarters. Set aside to keep warm.
- ☐ Heat oil in a large saute pan over medium-high heat.
- ☐ Saute the cumin, turmeric, and curry powder for 1 minute.
- ☐ Add potatoes, and saute until toasted. Toss potatoes with sea salt, pepper and fresh cilantro, and serve hot.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:14.58, Inflammation Score:-10, Nutrition Score:7.2465217113495%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 127.94kcal (6.4%), Fat: 4.06g (6.25%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 21.25g (7.09%), Net Carbohydrates: 18.26g (6.64%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 591.33mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 22.68mg (27.49%), Vitamin B6: 0.36mg (17.84%), Manganese: 0.32mg (15.91%), Potassium: 528.83mg (15.11%), Iron: 2.29mg (12.7%), Fiber: 2.99g (11.96%), Magnesium: 34.29mg (8.57%), Phosphorus: 75.67mg (7.57%), Copper: 0.15mg (7.33%), Vitamin B1: 0.1mg (6.84%), Vitamin B3: 1.31mg (6.56%), Vitamin K: 5.78µg (5.51%), Folate: 19.39µg (4.85%), Vitamin E: 0.7mg (4.65%), Vitamin B5: 0.34mg (3.4%), Calcium: 32.48mg (3.25%), Zinc: 0.45mg (2.99%), Vitamin B2: 0.04mg (2.62%)