



Dinner Tonight: Potato and Pea Curry with Yogurt, Cumin, and Ginger



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cups peas fresh frozen canned (you can substitute peas)
- ☐ 1 tablespoon ground coriander
- ☐ 3 tablespoons olive oil
- ☐ 8 tablespoons yogurt plain divided
- ☐ 1 pound potatoes – remove skin red scrubbed
- ☐ 0.8 teaspoon salt

☐ 0.3 teaspoon cumin seeds whole

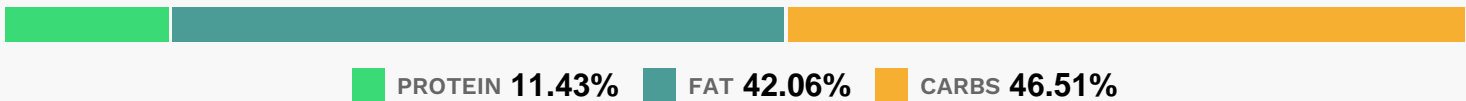
Equipment

- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the small red potatoes, reduce heat to a simmer, and cook until a knife easily slips into the flesh, 15 to 20 minutes.
- ☐ Drain the potatoes in a colander, and allow to cool for a few minutes.
- ☐ Cut the potatoes in half, and then remove their skins.
- ☐ Heat the olive oil in a 12-inch nonstick skillet over medium-high heat. When oil is shimmering, add the asafetida and cumin seeds.
- ☐ Let them cook for 10 seconds, and then add the potatoes. Cook, stirring occasionally, until the potatoes are lightly browned, two to three minutes.
- ☐ Add three tablespoons of yogurt, the peas, the ginger, salt, and cayenne. Stir well, and let cook until the yogurt is absorbed by the potatoes.
- ☐ Add another three tablespoons of yogurt and the coriander. Stir and let cook until the yogurt is once again absorbed.
- ☐ Add the rest of the yogurt, stir, and let cook for one minute. If you used frozen peas, you are done at this point. If you used fresh peas, add three tablespoons of water, turn heat to low, cover the skillet, and cook until peas are tender, four to six minutes.
- ☐ Serve the curry with rice.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:3.16, Inflammation Score:-7, Nutrition Score:14.997826214718%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 259.91kcal (13%), Fat: 12.52g (19.26%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 24.52g (8.92%), Sugar: 7.45g (8.28%), Cholesterol: 5.2mg (1.73%), Sodium: 479.36mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Vitamin C: 39.32mg (47.66%), Fiber: 6.63g (26.52%), Vitamin K: 27.78µg (26.45%), Manganese: 0.49mg (24.51%), Potassium: 775.65mg (22.16%), Vitamin B1: 0.3mg (20.03%), Phosphorus: 191.58mg (19.16%), Folate: 70.48µg (17.62%), Vitamin B6: 0.33mg (16.59%), Copper: 0.3mg (14.86%), Magnesium: 58.46mg (14.61%), Vitamin B3: 2.89mg (14.46%), Vitamin A: 655.76IU (13.12%), Iron: 2.27mg (12.63%), Vitamin B2: 0.19mg (11.34%), Vitamin E: 1.68mg (11.22%), Zinc: 1.58mg (10.52%), Calcium: 88.45mg (8.85%), Vitamin B5: 0.55mg (5.47%), Selenium: 3.1µg (4.43%), Vitamin B12: 0.15µg (2.47%)