



 **73%**
HEALTH SCORE

Indian-Style Dill and Turmeric Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

Ingredients

- 1 pinch pepper dried
- 1 cup optional: dill fresh chopped finely
- 2 cloves garlic chopped finely
- 4 servings olive oil
- 4 large potatoes chopped
- 4 servings salt to taste
- 0.5 teaspoon turmeric

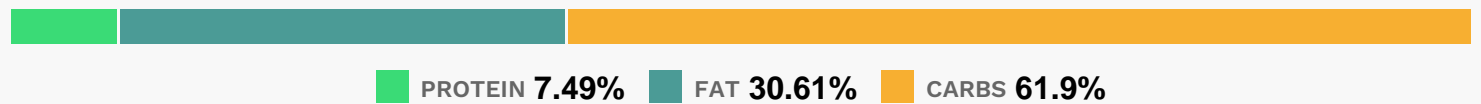
Equipment

frying pan

Directions

- Heat the olive oil in a large frying pan.
- Add the garlic and chilli and heat gently until fragrant. Then add the turmeric powder. Fry together for about 30 seconds.
- Add the potatoes and mix gently to coat with the turmeric.
- Add a about 1/4 cup of water and let the potatoes cook through. Then add some salt to taste. Take off the heat and add the dill.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:47.42, Inflammation Score:-10, Nutrition Score:22.101739130435%

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: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Taste

Sweetness: 18.21%, Saltiness: 100%, Sourness: 9.5%, Bitterness: 10.6%, Savoriness: 23.27%, Fattiness: 73.99%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 416.13kcal (20.81%), Fat: 14.5g (22.31%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 57.5g (20.91%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 224.14mg (9.75%), Protein: 7.98g (15.96%), Vitamin C: 83.21mg (100.86%), Vitamin B6: 1.13mg (56.7%), Potassium: 1653.2mg (47.23%), Manganese: 0.76mg (37.93%), Fiber: 8.46g (33.83%), Magnesium: 92.23mg (23.06%), Phosphorus: 221.13mg (22.11%), Iron: 3.87mg (21.48%), Copper: 0.42mg (21.1%), Vitamin B3: 4.1mg (20.5%), Vitamin B1: 0.31mg (20.36%), Folate: 76.81µg (19.2%), Vitamin A: 921.79IU (18.44%), Vitamin K: 15.52µg (14.79%), Vitamin E: 2.07mg (13.81%), Vitamin B5: 1.15mg (11.48%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.21mg (8.05%), Calcium: 72.24mg (7.22%), Selenium:

1.34µg (1.91%)