



Geeta Auntie's Potato (and Vegetable) Bhaji



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon garam masala to taste
- ☐ 4 potatoes diced peeled
- ☐ 1 onion red minced
- ☐ 0.5 teaspoon salt
- ☐ 1 large tomatoes diced
- ☐ 1 tablespoon vegetable oil

0.3 teaspoon sugar white

Equipment

pot

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.
- Heat vegetable oil over medium heat; saute onion, stirring frequently, until fragrant, 2 to 3 minutes.
- Add tomato and cook until onion is softened and tomato is tender, 5 to 10 minutes. Stir potatoes, garam masala, cayenne pepper, salt, and sugar into onion-tomato mixture; simmer, stirring frequently, until flavors have blended, about 5 minutes. Stir cilantro into potato mixture and cook for 1 minute.

Nutrition Facts



Properties

Glycemic Index:141.42, Glycemic Load:56.94, Inflammation Score:-9, Nutrition Score:26.052608655847%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg

Nutrients (% of daily need)

Calories: 434.07kcal (21.7%), Fat: 7.63g (11.75%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 84.33g (28.11%), Net Carbohydrates: 72.6g (26.4%), Sugar: 8.6g (9.56%), Cholesterol: 0mg (0%), Sodium: 614.61mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.53%), Vitamin C: 100.89mg (122.3%), Vitamin B6: 1.41mg (70.4%), Potassium: 2100.67mg (60.02%), Fiber: 11.73g (46.91%), Manganese: 0.84mg (41.94%), Magnesium: 114.32mg (28.58%), Phosphorus: 282.17mg (28.22%), Vitamin K: 29.03µg (27.65%), Copper: 0.54mg (26.9%), Vitamin B1: 0.4mg (26.77%), Vitamin B3: 5.14mg (25.7%), Folate: 92.91µg (23.23%), Iron: 3.73mg (20.74%), Vitamin A: 989.2IU (19.78%), Vitamin B5: 1.41mg (14.11%), Vitamin B2: 0.17mg (10.2%), Zinc: 1.5mg (9.99%), Vitamin E: 1.26mg

(8.37%), Calcium: 74.11mg (7.41%), Selenium: 1.6μg (2.29%)