



Gobi Aloo (Indian Style Cauliflower with Potatoes)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 pound cauliflower
- 1 teaspoon cumin seeds
- 1 teaspoon cilantro leaves fresh chopped
- 0.5 teaspoon garam masala
- 1 teaspoon garlic minced
- 1 teaspoon ginger paste
- 1 teaspoon ground cumin

- 0.5 teaspoon ground turmeric
- 0.5 teaspoon paprika
- 2 medium potatoes cubed peeled
- 4 servings salt to taste
- 1 tablespoon vegetable oil

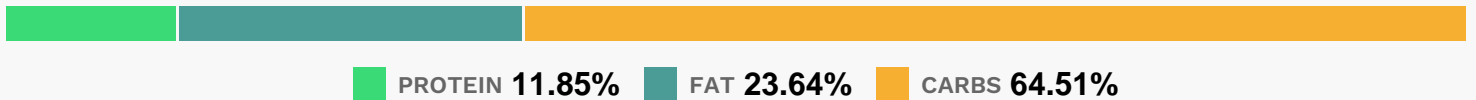
Equipment

- frying pan
- sauce pan

Directions

- Heat the oil in a medium skillet over medium heat. Stir in the cumin seeds, garlic, and ginger paste. Cook about 1 minute until garlic is lightly browned.
- Add the potatoes. Season with turmeric, paprika, cumin, garam masala, and salt. Cover and continue cooking 5 to 7 minutes stirring occasionally.
- Mix the cauliflower and cilantro into the saucepan. Reduce heat to low and cover. Stirring occasionally, continue cooking 10 minutes, or until potatoes and cauliflower are tender.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:14.8, Inflammation Score:-9, Nutrition Score:14.180000087489%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 148.71kcal (7.44%), Fat: 4.13g (6.35%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 20.42g (7.43%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 236.87mg (10.3%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Vitamin C: 76.02mg (92.15%), Vitamin B6: 0.55mg (27.32%), Vitamin K: 26.23µg (24.98%), Potassium: 820.5mg (23.44%), Folate: 82.03µg (20.51%), Manganese: 0.41mg (20.44%), Fiber: 4.92g (19.68%), Iron: 2.14mg (11.9%), Phosphorus: 118.2mg (11.82%), Magnesium: 46.29mg (11.57%), Vitamin B5: 1.08mg (10.82%), Vitamin B1: 0.15mg (10.06%), Vitamin B3: 1.79mg (8.93%), Copper: 0.17mg (8.68%), Vitamin B2: 0.11mg (6.47%), Calcium: 49.56mg (4.96%), Zinc: 0.69mg (4.63%), Vitamin E: 0.49mg (3.3%), Vitamin A: 139.72IU (2.79%), Selenium: 1.19µg (1.69%)