



Gujarati cabbage with coconut & potato



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 pinch asafetida (available from Bart or steenbergs.co.uk, see tip)
- ☐ 1 tsp mustard seeds shopping list black
- ☐ 1 tsp cumin seeds
- ☐ 2 chilies dried red
- ☐ 1 to 2 chilies slit fresh green red deseeded thinly sliced
- ☐ 1 pointed cabbage shredded finely (sweetheart)
- ☐ 0.5 juice of lemon

- ☐ 2 tbsp coconut flakes fresh shaved toasted
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 500 g baby potatoes unpeeled halved

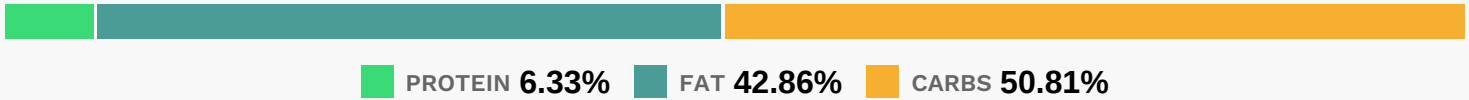
Equipment

- ☐ frying pan

Directions

- ☐ Cook potatoes in a pan of salted boiling water for 10 mins until tender.
- ☐ Drain well and return to pan. Lightly crush with the back of a fork, just to break, not to mash.
- ☐ Heat the oil in a large frying pan and then add the asafoetida, spices and dried chillies. Cook for a few mins until the spices pop and the chillies darken.
- ☐ Add the fresh chilli, cabbage and some salt and stir-fry for 3-4 mins.
- ☐ Add the warm potatoes to the pan and cook for 2-3 mins more until the cabbage is tender, but still has some bite. Stir in the lemon juice, coconut and coriander, and serve.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:16, Inflammation Score:-4, Nutrition Score:8.9860870112544%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 185.19kcal (9.26%), Fat: 9.09g (13.98%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 20.42g (7.42%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 48.19mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin C: 28.32mg (34.33%), Vitamin E: 3.01mg (20.07%), Vitamin B6: 0.39mg (19.42%), Manganese: 0.34mg (17.03%), Potassium: 574.13mg (16.4%), Fiber: 3.83g (15.31%), Magnesium: 36.11mg (9.03%), Vitamin K: 9.36µg (8.91%), Iron: 1.56mg (8.65%), Phosphorus: 85.17mg (8.52%),

Copper: 0.17mg (8.48%), Vitamin B1: 0.11mg (7.45%), Vitamin B3: 1.43mg (7.17%), Folate: 23.41µg (5.85%), Vitamin A: 211.7IU (4.23%), Vitamin B5: 0.41mg (4.13%), Zinc: 0.49mg (3.26%), Vitamin B2: 0.05mg (3.1%), Selenium: 1.96µg (2.8%), Calcium: 25.37mg (2.54%)