



Indian Peas And Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

- 2 cups cauliflower florets
- 4 teaspoons cumin seed
- 2 cups peas green
- 1 teaspoon mustard seed
- 1 teaspoon salt
- 3 tablespoons vegetable oil

Equipment

- frying pan

Directions

- Heat the oil in a skillet over medium heat.
- Place the cumin seeds and mustard seeds in the hot oil. Cook and stir until the seeds begin to pop.
- Mix in the peas and cauliflower. Season with salt. Reduce heat to low, cover, and continue cooking 15 minutes, until the vegetables are tender.

Nutrition Facts

PROTEIN 12.09% **FAT 56.74%** **CARBS 31.17%**

Properties

Glycemic Index:20.33, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:13.56391297216%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 172.7kcal (8.64%), Fat: 11.35g (17.46%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 8.59g (3.12%), Sugar: 5.16g (5.74%), Cholesterol: 0mg (0%), Sodium: 603.45mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 53.31mg (64.61%), Vitamin K: 44.64µg (42.51%), Manganese: 0.46mg (23.06%), Fiber: 5.43g (21.74%), Folate: 77.04µg (19.26%), Vitamin B1: 0.24mg (15.76%), Iron: 2.68mg (14.88%), Phosphorus: 116.49mg (11.65%), Vitamin A: 580.26IU (11.61%), Vitamin B6: 0.23mg (11.31%), Potassium: 367.82mg (10.51%), Magnesium: 41.53mg (10.38%), Vitamin B3: 1.9mg (9.48%), Copper: 0.17mg (8.49%), Vitamin B2: 0.13mg (7.89%), Zinc: 1.18mg (7.85%), Vitamin E: 1.07mg (7.15%), Calcium: 50.1mg (5.01%), Selenium: 3.27µg (4.67%), Vitamin B5: 0.41mg (4.15%)