



WHATSheATE



HEALTH SCORE

54%

Indian Potato Salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients



3 lb potatoes scrubbed cut into bite-size pieces



2 tablespoons olive oil



2 tablespoons mustard seeds yellow (brown or)



1 teaspoon kosher salt (coarse)



1 teaspoon cumin



1 teaspoon garam masala



0.5 cup yogurt plain low-fat



1 cup cilantro leaves fresh chopped

☐ 1 serving salt and pepper to taste

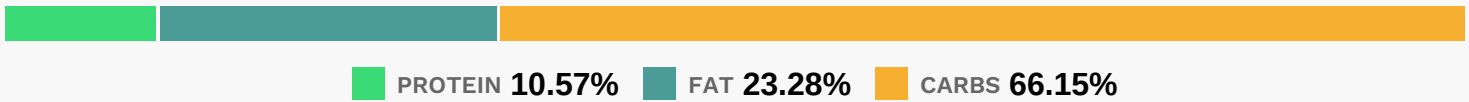
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray cookie sheet with cooking spray.
- ☐ Place potato pieces in single layer on cookie sheet.
- ☐ Drizzle with olive oil.
- ☐ Sprinkle with mustard seed, kosher salt, cumin and garam masala; toss to coat well.
- ☐ Bake 35 to 40 minutes or until potatoes are brown and beginning to crisp. Cool completely.
- ☐ In medium bowl, mix cooled potatoes, yogurt, cilantro, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:43.53, Inflammation Score:-7, Nutrition Score:22.273913227994%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 375.86kcal (18.79%), Fat: 9.97g (15.34%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 55.31g (20.11%), Sugar: 5.23g (5.81%), Cholesterol: 1.84mg (0.61%), Sodium: 675.55mg (29.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin C: 68.77mg (83.36%), Vitamin B6: 1.05mg (52.43%), Potassium: 1574.45mg (44.98%), Manganese: 0.69mg (34.58%), Fiber: 8.41g (33.65%), Phosphorus: 287.97mg (28.8%), Magnesium: 106.69mg (26.67%), Vitamin B1: 0.34mg (22.38%), Vitamin K: 23.46µg (22.35%), Copper: 0.42mg (21.03%), Iron: 3.63mg (20.18%), Vitamin B3: 3.95mg (19.74%), Selenium: 13.54µg (19.34%), Folate: 69.24µg (17.31%), Vitamin B5: 1.26mg (12.55%), Calcium: 119.29mg (11.93%), Vitamin B2: 0.2mg

(11.58%), Zinc: 1.64mg (10.93%), Vitamin E: 1.45mg (9.64%), Vitamin A: 300.4IU (6.01%), Vitamin B12: 0.17µg (2.86%)