



Indian Potatoes, Peas and Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cauliflower florets cut into bite-size pieces
- ☐ 0.3 teaspoon chili powder
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 teaspoon turmeric
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup peas frozen thawed
- ☐ 1 pound baking potatoes peeled cut into 1/2-inch pieces
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

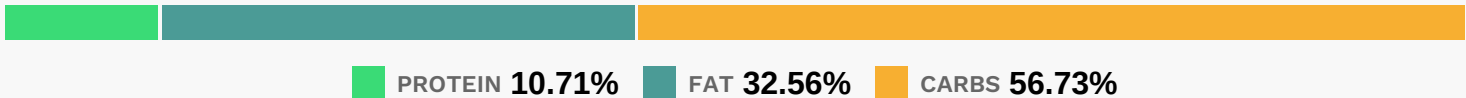
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add potatoes and ginger; sauté until potatoes are lightly browned, about 3 minutes.
- ☐ Mix in cauliflower, then salt, turmeric, chili powder and paprika; sauté 5 minutes.
- ☐ Add 1/2 cup water; cover and simmer until vegetables are tender, about 5 minutes.
- ☐ Add peas and simmer 2 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:17.82, Inflammation Score:-9, Nutrition Score:14.491304656734%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 192.37kcal (9.62%), Fat: 7.32g (11.25%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 23.99g (8.72%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 331.2mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin C: 62.07mg (75.23%), Vitamin K: 34.81µg (33.15%), Vitamin B6: 0.62mg (30.92%), Potassium: 835.02mg (23.86%), Manganese: 0.44mg (21.79%), Folate: 85.04µg (21.26%), Fiber: 4.68g (18.73%), Vitamin B1: 0.19mg (12.85%), Phosphorus: 127.98mg (12.8%), Magnesium: 49.01mg (12.25%), Vitamin B3: 2.11mg (10.56%), Vitamin B5: 1.03mg (10.35%), Iron: 1.83mg (10.15%), Copper: 0.2mg (10.01%), Vitamin B2: 0.13mg (7.37%), Zinc: 0.85mg (5.7%), Vitamin E: 0.77mg (5.12%), Vitamin A: 238.42IU (4.77%), Calcium: 43.78mg (4.38%), Selenium: 1.44µg (2.05%)