



WHATSheATE



Indian Potatoes with Black and Yellow Mustard Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients



2 teaspoons brown mustard seeds black



4 tablespoons canola divided



0.3 teaspoon cayenne



0.3 cup cilantro leaves roughly chopped



2 teaspoons cumin seeds



2 teaspoons coarsely ground coriander seeds



0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon pepper
- ☐ 1 tsp salt
- ☐ 0.5 teaspoon turmeric
- ☐ 2 teaspoons mustard seeds yellow
- ☐ 2 pounds yukon gold potatoes rinsed peeled halved

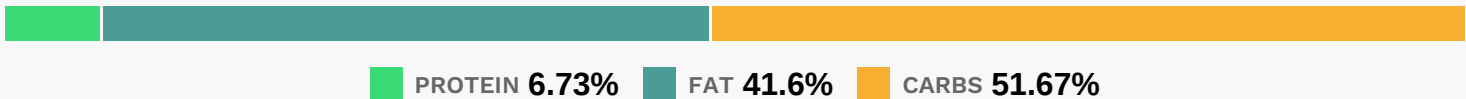
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 tbsp. oil and mustard seeds in a large nonstick frying pan over medium-high heat, covered, just until seeds start to pop. Stir in cumin seeds and turmeric; then stir in potatoes, 1 tsp. salt, and pepper.
- ☐ Reduce heat to medium low and add 1 tbsp. water. Cook, covered, until potatoes are tender, 20 to 25 minutes.
- ☐ Add remaining 2 tbsp. oil, coriander, cumin, cayenne, and salt to taste. Cook, uncovered, turning occasionally, until potatoes are golden, 8 to 10 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:32.46, Glycemic Load:19.38, Inflammation Score:-8, Nutrition Score:9.8626087178355%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 208.36kcal (10.42%), Fat: 9.92g (15.26%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 23.79g (8.65%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 398.85mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin C: 30.35mg (36.79%), Vitamin B6: 0.46mg (23.01%), Vitamin K: 22.08µg (21.02%), Potassium: 679.17mg (19.4%), Manganese: 0.34mg (16.84%), Fiber: 3.94g (15.75%), Iron: 2.04mg (11.36%), Magnesium: 44.77mg (11.19%), Phosphorus: 102.9mg (10.29%), Copper: 0.19mg

(9.45%), Vitamin B1: 0.14mg (9.15%), Vitamin B3: 1.72mg (8.6%), Folate: 26.54µg (6.64%), Vitamin E: 0.89mg (5.9%), Vitamin B5: 0.46mg (4.62%), Selenium: 2.85µg (4.07%), Zinc: 0.59mg (3.92%), Calcium: 35.23mg (3.52%), Vitamin B2: 0.06mg (3.43%), Vitamin A: 94.5IU (1.89%)