



 **63%**
HEALTH SCORE

Indian Potatoes with Mustard Seeds (Sookhi Bhaji)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



3

CALORIES



252 kcal

SIDE DISH

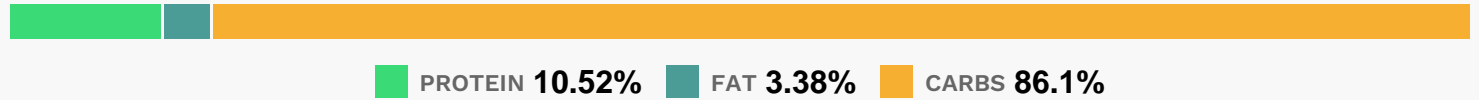
Ingredients

- 1 teaspoon brown mustard seeds
- 0.5 teaspoon ground pepper
- 1 teaspoon cumin seeds
- 1 tablespoon cilantro leaves fresh chopped
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground cumin
- 1 large onion finely chopped

- 4 medium potatoes peeled cut into 1/2-inch pieces
- 3 servings salt to taste
- 3 serrano chiles split
- 0.5 teaspoon turmeric

Equipment

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:37.42, Inflammation Score:-10, Nutrition Score:17.36347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 252.27kcal (12.61%), Fat: 0.98g (1.51%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 48.31g (17.57%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 216.87mg (9.43%), Protein: 6.89g (13.78%), Vitamin C: 63.06mg (76.44%), Vitamin B6: 0.95mg (47.49%), Potassium: 1345.52mg (38.44%), Fiber: 8.08g (32.33%), Manganese: 0.62mg (30.97%), Iron: 3.81mg (21.18%), Magnesium: 82.35mg (20.59%), Phosphorus: 193.4mg (19.34%), Copper: 0.36mg (18.1%), Vitamin B1: 0.27mg (17.88%), Vitamin B3: 3.29mg (16.45%), Folate: 57.11µg (14.28%), Vitamin B5: 0.92mg (9.15%), Zinc: 1.08mg (7.18%), Vitamin B2: 0.12mg (7.16%), Calcium: 70.25mg (7.02%), Vitamin K: 7.12µg (6.78%), Vitamin A: 231.77IU (4.64%), Selenium: 1.59µg (2.27%), Vitamin E: 0.25mg (1.67%)