



Indian Sabji



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.5 head cabbage sliced
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon chile powder red
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 1 tablespoon ginger-garlic paste
- ☐ 1 tablespoon ground coriander
- ☐ 0.5 teaspoon ground turmeric

- ☐ 1 teaspoon mustard seed
- ☐ 2 potatoes chopped
- ☐ 1 teaspoon salt

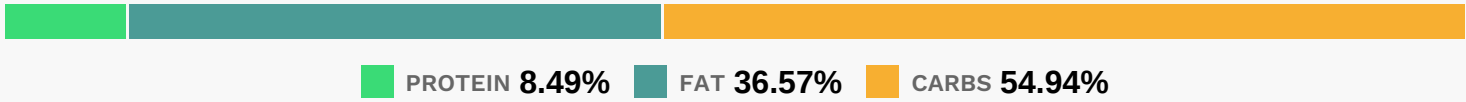
Equipment

- ☐ wok

Directions

- ☐ Heat canola oil in a wok over medium heat. Cook and stir cumin and mustard seeds in the hot oil until they begin to dance, 1 to 2 minutes.
- ☐ Add coriander, turmeric, and cayenne pepper; cook about 1 minute.
- ☐ Stir cabbage, potatoes, ginger–garlic paste, and salt into spice mixture; stir to coat.
- ☐ Pour enough water into wok to steam vegetables; cover and cook, stirring occasionally and adding more water as needed, until potatoes and cabbage are very tender, about 45 minutes.
- ☐ Remove from heat; sprinkle vegetables with cilantro.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:15.28, Inflammation Score:-9, Nutrition Score:16.474782497987%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 185.99kcal (9.3%), Fat: 7.88g (12.12%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 20.62g (7.5%), Sugar: 4.56g (5.07%), Cholesterol: 0mg (0%), Sodium: 615.47mg (26.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 96.74µg (92.13%), Vitamin C: 63.21mg (76.62%), Fiber: 6.02g (24.06%), Vitamin B6: 0.47mg (23.56%), Manganese: 0.43mg (21.65%), Potassium: 688.15mg (19.66%), Folate: 67.9µg (16.97%), Magnesium: 47.97mg (11.99%), Iron: 2.14mg (11.88%), Vitamin B1: 0.17mg (11.22%), Vitamin E: 1.59mg (10.59%), Phosphorus: 105.93mg (10.59%), Copper: 0.16mg (8.23%), Vitamin B3: 1.53mg (7.63%), Calcium:

76mg (7.6%), Vitamin B5: 0.57mg (5.7%), Vitamin B2: 0.09mg (5.37%), Vitamin A: 261.55IU (5.23%), Zinc: 0.67mg (4.46%), Selenium: 2.65µg (3.78%)