



Indian Spiced Cauliflower and Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 1.8 lb cauliflower cut into 3/4-inch-wide florets
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons jalapeno fresh minced

- ☐ 4 servings lemon wedges
- ☐ 1 medium onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon turmeric
- ☐ 5 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1.3 lb yukon gold potatoes peeled cut into 1/2-inch cubes

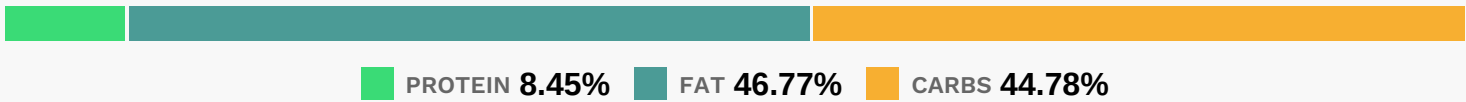
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in upper third of oven and place a shallow baking pan on rack. Preheat oven to 475°F.
- ☐ Toss cauliflower and potatoes together in a bowl with 3 tablespoons oil, cumin seeds, and 1/4 teaspoon salt.
- ☐ Spread in hot baking pan and roast, stirring occasionally, until cauliflower is tender and browned in spots and potatoes are just tender, about 20 minutes.
- ☐ While vegetables are roasting, cook onion, garlic, jalapeño, and ginger in remaining 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring frequently, until very soft and beginning to turn golden, 8 to 10 minutes.
- ☐ Add ground cumin, coriander, turmeric, cayenne, and remaining 1/2 teaspoon salt and cook, stirring constantly, 2 minutes. Stir in water, scraping up any brown bits from bottom of skillet, then stir in roasted vegetables. Cook, covered, stirring occasionally, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:73.06, Glycemic Load:20.82, Inflammation Score:-9, Nutrition Score:21.467391143674%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 328.48kcal (16.42%), Fat: 17.98g (27.67%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 30.8g (11.2%), Sugar: 6.26g (6.95%), Cholesterol: 0mg (0%), Sodium: 508.56mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.63%), Vitamin C: 129.86mg (157.41%), Vitamin K: 65.47µg (62.35%), Vitamin B6: 0.86mg (42.82%), Potassium: 1270.35mg (36.3%), Folate: 142.22µg (35.55%), Fiber: 7.95g (31.79%), Manganese: 0.63mg (31.66%), Phosphorus: 185mg (18.5%), Vitamin B5: 1.8mg (17.98%), Magnesium: 70.69mg (17.67%), Vitamin B1: 0.24mg (15.72%), Iron: 2.65mg (14.71%), Copper: 0.26mg (13.24%), Vitamin B3: 2.64mg (13.2%), Vitamin E: 1.73mg (11.53%), Vitamin B2: 0.18mg (10.61%), Calcium: 80.75mg (8.08%), Zinc: 1.08mg (7.19%), Selenium: 2.11µg (3.01%), Vitamin A: 92.23IU (1.84%)