



Indian Spiced Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon caraway seed
- 1 teaspoon cumin seed
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh minced
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic minced
- 1 teaspoons ground cayenne dried fresh minced
- 2 teaspoons ground turmeric dried

- 2 tablespoons juice of lime
- 1 cup onion red finely chopped
- 3 cups thin-skinned potatoes diced cooked
- 1 tablespoon salad oil
- 4 servings salt
- 6 serrano chilies fresh minced stemmed deveined seeded ()

Equipment

- frying pan

Directions

- In a 10- to 12-inch frying pan over medium-high heat, combine oil, caraway seed, and cumin seed. Stir until seed smells slightly toasted, about 2 minutes.
- Add onion, garlic, serranos, and ginger; stir until onion is limp but not browned, about 2 minutes. Stir in turmeric and potatoes, then add cayenne to taste. Stir often until potatoes are hot, about 2 minutes.
- Add cilantro, mint, and lime juice.
- Mix, then add salt to taste.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:6.7817390379698%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 103.72kcal (5.19%), Fat: 4.03g (6.19%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 13.51g (4.91%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 209.67mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin C: 16.48mg (19.97%), Manganese: 0.32mg (16.05%), Vitamin B6: 0.25mg (12.51%), Potassium: 427.93mg (12.23%), Fiber: 2.75g (11%), Vitamin A: 494.76IU (9.9%), Iron: 1.58mg (8.77%), Vitamin K: 9.08µg (8.65%), Copper: 0.14mg (6.82%), Magnesium: 27.12mg (6.78%), Folate: 25.51µg (6.38%), Phosphorus: 63.08mg (6.31%), Vitamin E: 0.93mg (6.22%), Vitamin B1: 0.08mg (5.58%), Vitamin B3: 1.04mg (5.21%), Calcium: 35.45mg (3.55%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.26mg (2.6%), Selenium: 0.88µg (1.26%)