



Indian Stuffed Potatoes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.3 teaspoon chili powder
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 1 teaspoon gingerroot grated peeled
- ☐ 2 teaspoons ground cardamom

- ☐ 1 teaspoon ground ginger
- ☐ 1.5 cups onion finely chopped
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 2.5 pounds potatoes red
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon serrano chile minced
- ☐ 1 cup coconut or fresh sweetened grated flaked
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

Equipment

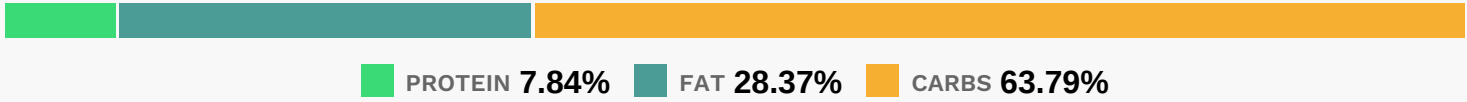
- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ melon baller

Directions

- ☐ Combine coconut and baking soda in a bowl, and toss well.
- ☐ Add 2 cups cilantro and next 4 ingredients; stir well, and set aside.
- ☐ Using a melon baller, scoop a hole out of the center of each potato. Stuff the center of each potato with coconut mixture, reserving any remaining coconut mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add cloves and cinnamon stick; saut 1 minute.
- ☐ Remove spices from oil with a slotted spoon, and discard.
- ☐ Add onion to skillet; saut 3 minutes or until tender. Stir in the cardamom and next 2 ingredients.
- ☐ Add potatoes to skillet, stuffed sides up; sprinkle with remaining coconut mixture.
- ☐ Combine water and yogurt; stir well.

- ☐ Pour over potatoes; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until tender; remove from heat.
- ☐ Cut potatoes in half horizontally, and serve with sauce.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:8.4995651918909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 164.65kcal (8.23%), Fat: 5.38g (8.27%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 27.19g (9.07%), Net Carbohydrates: 23.52g (8.55%), Sugar: 6.14g (6.83%), Cholesterol: 0.12mg (0.04%), Sodium: 301.62mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Manganese: 0.54mg (27.01%), Vitamin K: 19.75µg (18.81%), Potassium: 628.75mg (17.96%), Vitamin C: 12.75mg (15.46%), Fiber: 3.67g (14.69%), Vitamin B6: 0.24mg (11.92%), Copper: 0.21mg (10.51%), Phosphorus: 99.17mg (9.92%), Magnesium: 36.35mg (9.09%), Vitamin B1: 0.12mg (8.17%), Vitamin B3: 1.56mg (7.82%), Folate: 31.07µg (7.77%), Iron: 1.28mg (7.13%), Vitamin A: 269.57IU (5.39%), Vitamin B5: 0.43mg (4.28%), Vitamin B2: 0.07mg (4.26%), Selenium: 2.95µg (4.22%), Zinc: 0.62mg (4.1%), Calcium: 39.67mg (3.97%), Vitamin E: 0.36mg (2.39%)