



## Indian Vegetable Bhaji

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

### Ingredients

- 2 bay leaves whole
- 1 teaspoon mustard seed black
- 1 carrots finely chopped
- 1 cup cauliflower florets
- 1 teaspoon cumin seed
- 1 teaspoon curry powder
- 2 teaspoons ginger root fresh minced
- 3 cloves garlic chopped

- 4 chile peppers green chopped
- 0.5 cup peas fresh green
- 1 teaspoon ground cumin
- 1 large onion chopped
- 4 large potatoes finely chopped
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- plastic wrap
- microwave
- colander

## Directions

- Place the potatoes, cauliflower florets, carrot, and peas into a microwave-safe bowl, cover with plastic wrap, and microwave on High until the vegetables are very hot and starting to soften, about 2 minutes.
- Remove the plastic wrap, and drain the vegetables in a colander.
- Place the vegetable oil in a large skillet, and heat over medium heat. Cook and stir the onion until it turns golden, about 10 minutes, and stir in the cumin seed, black mustard seed, and bay leaves. Cook and stir until the seeds begin to sputter, about 30 seconds, and then add the green chiles, garlic, and ginger. Cook and stir until the garlic begins to brown, about 1 minute.
- Stir in the ground cumin, curry powder, and chili powder, and then add the partially cooked potatoes, cauliflower, carrot, and peas. Cook and stir until the vegetables are tender and coated with spices, about 30 minutes.
- Sprinkle with cilantro leaves.

## Nutrition Facts



■ PROTEIN **9.49%** ■ FAT **16.83%** ■ CARBS **73.68%**

## Properties

Glycemic Index:48.99, Glycemic Load:33.09, Inflammation Score:-9, Nutrition Score:18.850434780121%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

## Nutrients (% of daily need)

Calories: 274.71kcal (13.74%), Fat: 5.29g (8.14%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 43.69g (15.89%), Sugar: 5.55g (6.16%), Cholesterol: 0mg (0%), Sodium: 129.99mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin C: 68.02mg (82.45%), Vitamin B6: 0.85mg (42.49%), Vitamin A: 1810.41IU (36.21%), Potassium: 1213.72mg (34.68%), Fiber: 8.43g (33.72%), Manganese: 0.58mg (28.83%), Vitamin K: 20.45µg (19.48%), Phosphorus: 182.6mg (18.26%), Magnesium: 72.63mg (18.16%), Vitamin B1: 0.27mg (17.85%), Copper: 0.33mg (16.28%), Folate: 64.96µg (16.24%), Iron: 2.88mg (16.01%), Vitamin B3: 3.14mg (15.7%), Vitamin B5: 0.92mg (9.25%), Vitamin B2: 0.12mg (7.28%), Zinc: 1.07mg (7.15%), Calcium: 57.54mg (5.75%), Vitamin E: 0.62mg (4.14%), Selenium: 2.54µg (3.63%)