



Lime-Flavored Potato Croquettes (Bondas)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons bay leaves fresh coarsely chopped
- ☐ 2 pepper flakes fresh
- ☐ 1 medium coconut or
- ☐ 0.5 cup chickpeas dried
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon turmeric
- ☐ 2 tablespoons juice of lime (1 medium lime)

- ☐ 1 tablespoon peas dried split black yellow hulled (urad dal) (chana dal)
- ☐ 1.3 lb potatoes – remove skin red cooked peeled
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon tamarind paste dried chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 0.8 cup water
- ☐ 0.5 teaspoon mustard seeds black yellow

Equipment

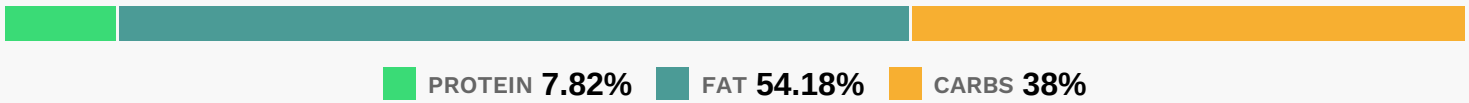
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ wok
- ☐ skewers
- ☐ slotted spoon
- ☐ dutch oven
- ☐ peeler
- ☐ meat tenderizer
- ☐ sifter
- ☐ grater

Directions

- ☐ In medium bowl, mash potatoes; set aside. In 6-inch skillet, heat 1 tablespoon oil and the mustard seed over medium-high heat. Once seed begins to pop, cover skillet and wait until popping stops.
- ☐ Add 2 tablespoons black lentils; stir-fry about 30 seconds or until golden brown; remove from heat. Stir in 1 teaspoon salt, 1/4 teaspoon turmeric, the lime juice, karhi, cilantro and 2 to 3 chiles.
- ☐ Add to potatoes; mix well. Shape into eighteen 1 1/2-inch balls; set aside.
- ☐ To make garbanzo bean flour (bésan), place dried garbanzo beans in spice or coffee grinder; grind until it looks like coarsely ground black pepper. Sift it through a fine-mesh strainer or flour sifter. Larger grains left in the strainer can be reground. Do not use a blender or food processor because it will not grind the beans into a fine texture.
- ☐ To make batter, in medium bowl, mix garbanzo bean flour, 1/2 teaspoon salt, the baking soda and 1/4 teaspoon turmeric. Beat in 1/2 cup water, using wire whisk, to make a smooth, pancake-like batter (add additional water if necessary).
- ☐ In wok or Dutch oven, heat oil (2 to 3 inches deep) over medium-high heat until thermometer inserted in oil reads 350°F. Dip up to 8 potato balls into batter to coat; carefully place in hot oil. Fry 5 to 7 minutes, turning occasionally, until golden brown.
- ☐ Remove with slotted spoon; drain on paper towels. Repeat with remaining potato balls.
- ☐ To make shredded fresh coconut, rinse coconut thoroughly to remove any dust or dirt from shell; pat dry. Pierce eyes with ice pick or sturdy skewer.
- ☐ Drain liquid into container. (The liquid is delicious to drink and can be stored in refrigerator in covered container for up to 24 hours.) Tap coconut firmly all over with hammer or heavy meat mallet. It usually splits open lengthwise. Work blade of blunt or round-ended knife between white meat and hard shell. Push knife into shell away from you and, with a twist of the wrist, the meat should pop out. Peel thin, dark brown skin from white coconut meat, using paring knife or vegetable peeler. Shred the coconut meat in food processor or on large holes of a four-sided grater. One medium coconut yields 2 to 3 cups shredded coconut; use 1 cup for this recipe.
- ☐ To make chutney, in blender, place 1 cup shredded coconut, 3/4 cup water, 1 tablespoon cilantro, tamarind pulp, 1/2 teaspoon salt and 2 to 3 chiles. Cover and blend on medium speed until smooth.

- ☐
- Transfer to small bowl; set aside. (Chutney will thicken as it stands; if it becomes too thick, stir in additional water until it reaches desired consistency.)
- ☐
- In 6-inch skillet, heat oil and mustard seed over medium-high heat. Once seed begins to pop, cover skillet and wait until popping stops.
- ☐
- Add 1 tablespoon lentils; stir-fry about 30 seconds or until lentils are golden brown.
- ☐
- Pour hot oil mixture over chutney; mix well.
- ☐
- Serve croquettes plain or with chutney. Chutney can be stored, tightly covered, in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:18.976086948229%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 407.6kcal (20.38%), Fat: 25.84g (39.75%), Saturated Fat: 20.17g (126.08%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 29.05g (10.56%), Sugar: 8.76g (9.73%), Cholesterol: 0mg (0%), Sodium: 279.63mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Manganese: 1.63mg (81.65%), Fiber: 11.73g (46.91%), Vitamin C: 35.03mg (42.46%), Folate: 140.73µg (35.18%), Copper: 0.62mg (31.01%), Potassium: 933.54mg (26.67%), Iron: 4.03mg (22.4%), Phosphorus: 217.82mg (21.78%), Vitamin B6: 0.39mg (19.67%), Magnesium: 72.67mg (18.17%), Vitamin B1: 0.24mg (16.13%), Selenium: 9.23µg (13.19%), Zinc: 1.8mg (12%), Vitamin K: 11.48µg (10.93%), Vitamin B3: 2.09mg (10.45%), Vitamin B5: 0.83mg (8.28%), Vitamin B2: 0.1mg (6.14%), Calcium: 49.88mg (4.99%), Vitamin A: 213.35IU (4.27%), Vitamin E: 0.63mg (4.17%)