



Parsi Potatoes with Egg



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon brown mustard seeds
- ☐ 1 cup cilantro leaves coarsely chopped
- ☐ 1 teaspoon cumin seeds
- ☐ 20 curry leaves fresh
- ☐ 3 large eggs separated
- ☐ 1 large onion thinly sliced
- ☐ 4 servings roasted cashews; cilantro chopped
- ☐ 3 to 4 serrano chiles fresh green

- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 2 pounds yellow-fleshed potatoes such as yukon gold small to medium

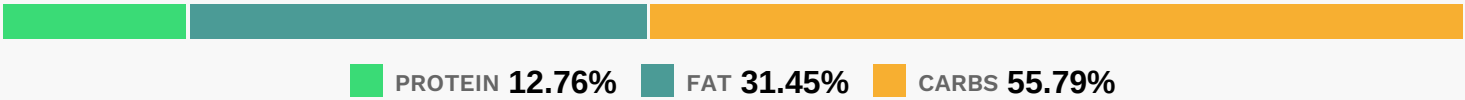
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cover potatoes with cold water by 1 inch in a medium saucepan, then stir in 1 tablespoon salt and simmer until not quite tender, about 8 minutes.
- ☐ Drain potatoes and cool slightly. Peel potatoes, then quarter and slice about 1/2 inch thick.
- ☐ Heat oil in a 12-inch skillet over medium heat until it shimmers, then cook mustard and cumin seeds until a shade darker and mustard seeds begin to pop, about 45 seconds.
- ☐ Add curry leaves and chiles and cook, stirring, 30 seconds.
- ☐ Add onion and cook, stirring occasionally, until soft and translucent, about 10 minutes. Stir in turmeric and 1 1/2 teaspoons salt, then add potatoes and cook over low heat, stirring occasionally, until potatoes are tender, 10 to 14 minutes. Discard chiles, then stir in cilantro and salt to taste.
- ☐ Transfer to a 10-inch heavy skillet with a high-domed lid (or use a metal bowl or inverted skillet as a lid) and keep warm, covered, over very low heat.
- ☐ Beat egg whites with a pinch of salt until they just hold stiff peaks. Lightly beat yolks with a fork, then stir in a spoonful of beaten whites to lighten them. Fold in remaining whites gently but thoroughly.
- ☐ Drizzle water around edge of skillet and spread eggs evenly over surface of potatoes. Increase heat and bring liquid just to a simmer (to create steam). Cover skillet, then reduce heat to low and cook until surface is dry and slightly springy to the touch, 12 to 14 minutes.
- ☐ The brown mustard seeds and fresh curry leaves give this dish a complex flavor, but consider those ingredients optional if you can't find them.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:29.8, Inflammation Score:-10, Nutrition Score:27.708695660467%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 317.06kcal (15.85%), Fat: 11.28g (17.36%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 38.82g (14.12%), Sugar: 3.78g (4.2%), Cholesterol: 139.5mg (46.5%), Sodium: 72.49mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.61%), Vitamin B3: 60.13mg (300.63%), Vitamin C: 150.66mg (182.62%), Folate: 652.93µg (163.23%), Vitamin B6: 0.82mg (40.79%), Potassium: 1116.96mg (31.91%), Vitamin K: 30.42µg (28.97%), Fiber: 6.2g (24.82%), Manganese: 0.48mg (24.01%), Phosphorus: 227.82mg (22.78%), Selenium: 12.64µg (18.06%), Iron: 3.14mg (17.42%), Magnesium: 68.7mg (17.17%), Copper: 0.33mg (16.72%), Vitamin B2: 0.27mg (16.1%), Vitamin B1: 0.23mg (15.1%), Vitamin A: 715.23IU (14.3%), Vitamin B5: 1.34mg (13.36%), Zinc: 1.34mg (8.91%), Calcium: 86.84mg (8.68%), Vitamin E: 1.15mg (7.64%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%)