



Poori Aloo Koora

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon asafoetida powder
- 1 tablespoon bob's mill garbanzo bean flour (besan)
- 2 tablespoons cooking oil
- 1 teaspoon cumin seeds
- 1 sprig curry leaves fresh
- 3 chile peppers green chopped
- 1 teaspoon skinned lentils split black (urad dal)
- 1 teaspoon mustard seeds

- 2 onions sliced thin
- 3 large potatoes
- 2 chile peppers dried red
- 4 servings salt to taste
- 1 tablespoon water

Equipment

- bowl
- frying pan
- pot

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two.
- Remove and discard potato skins; mash the potatoes into coarse chunks.
- Heat the oil in a skillet; fry the red chile peppers, urad dal, cumin seeds, and mustard seeds in the hot oil until the seeds begin to splutter.
- Add the onions, green chile peppers, curry leaves, and asafoetida; continue cooking until the onions soften, but not yet beginning to brown. Stir the potatoes and 1 cup water into the mixture. Season with salt. Increase heat to high and bring the mixture to a boil; cook at a boil for 5 minutes.
- Mix the chickpea flour and 1 tablespoon water together in a small bowl to make a paste; add to the skillet and stir. Continue cooking and stirring until the mixture thickens, 2 to 3 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:37.07, Inflammation Score:-7, Nutrition Score:19.683913013209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Nutrients (% of daily need)

Calories: 324.28kcal (16.21%), Fat: 7.86g (12.09%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 49.34g (17.94%), Sugar: 5.99g (6.66%), Cholesterol: 0mg (0%), Sodium: 327.67mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin C: 72.89mg (88.35%), Vitamin B6: 0.9mg (44.97%), Vitamin B3: 8.85mg (44.23%), Potassium: 1281.3mg (36.61%), Fiber: 8.84g (35.35%), Folate: 123.1µg (30.77%), Manganese: 0.58mg (29.11%), Magnesium: 77.41mg (19.35%), Phosphorus: 189.05mg (18.91%), Vitamin B1: 0.27mg (17.7%), Copper: 0.35mg (17.44%), Iron: 2.9mg (16.13%), Vitamin K: 11.01µg (10.49%), Vitamin B5: 0.91mg (9.07%), Vitamin E: 1.34mg (8.96%), Zinc: 1.03mg (6.83%), Vitamin B2: 0.11mg (6.63%), Calcium: 57.37mg (5.74%), Selenium: 2.87µg (4.1%), Vitamin A: 99.49IU (1.99%)