

Ingredients.—Potatoes 10, 4 onions sliced $\frac{1}{2}$ teaspoonful each of powdered coriander seed, turmeric and garlic, $\frac{1}{2}$ teaspoonful of table salt and pepper to taste $\frac{1}{2}$ pint olive oil.

Mode.—Fry the sliced onion in oil until it is brown, then mix all the ingredients and fry the whole well; when this is done, cut the potatoes into halves (or any other vegetable) then mix the whole with the ingredients, fry in olive oil until they assume a redish brown color;

Potato Bhajee



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1 large coriander seeds whole (if using coriander seeds)
- ☐ 4 servings pepper black to taste
- ☐ 0.8 tsp cilantro leaves whole
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 tsp garlic fresh minced
- ☐ 4 small onion peeled sliced
- ☐ 1 lb yukon gold potatoes peeled (Russet or Yukon Gold)
- ☐ 0.5 tsp salt

☐ 0.5 tsp turmeric

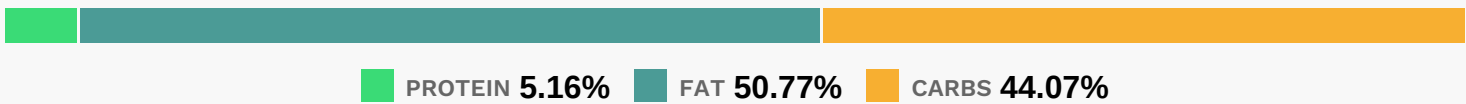
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Save Recipe
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- ☐ Potato Bhajee
- ☐ Ingredients3/4 tsp whole coriander or 1/2 tsp powdered coriander spice1/4 cup extra virgin olive oil1/2 tsp turmeric1/2 tsp salt
- ☐ Black pepper to taste1 lb. peeled potatoes (Russet or Yukon Gold)4 small onions, peeled and sliced1/2 tsp minced fresh garlic
- ☐ You will also needa large skillet, a mortar and pestle or spice grinder (if using whole coriander seeds)
- ☐ Servings: 4 servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:16, Inflammation Score:-9, Nutrition Score:8.5656522557787%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.02mg, Quercetin: 15.02mg, Quercetin: 15.02mg, Quercetin: 15.02mg

Nutrients (% of daily need)

Calories: 237.15kcal (11.86%), Fat: 13.75g (21.15%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 22.96g (8.35%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 300.84mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 27.76mg (33.65%), Vitamin B6: 0.43mg (21.41%), Potassium: 592.74mg (16.94%), Fiber: 3.88g (15.52%), Manganese: 0.31mg (15.48%), Vitamin E: 1.98mg (13.2%), Vitamin K: 10.83µg (10.31%), Phosphorus: 87.4mg (8.74%), Magnesium: 34.71mg (8.68%), Vitamin B1: 0.12mg (8.32%), Folate: 31.59µg (7.9%), Copper: 0.16mg (7.83%), Iron: 1.28mg (7.11%), Vitamin B3: 1.3mg (6.5%), Vitamin B5: 0.43mg (4.25%), Vitamin B2: 0.06mg (3.36%), Calcium: 33.39mg (3.34%), Zinc: 0.48mg (3.18%), Selenium: 0.82µg (1.18%)