



Potato Bread Rolls



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.3 cup onion chopped
- ☐ 1 cup potatoes mashed
- ☐ 4 tablespoons vegetable oil
- ☐ 2 tablespoons water
- ☐ 4 slices bread white

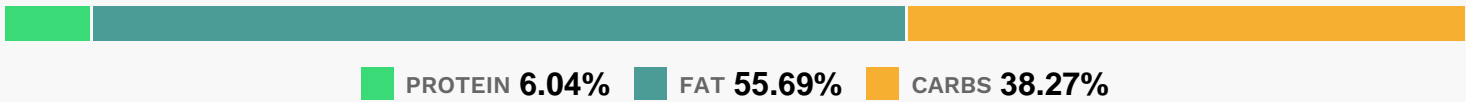
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat one tablespoon of oil in a frying pan over medium high heat.
- ☐ Add the chopped onions, and saute until they are softened.
- ☐ Mix the turmeric and chili powder into the frying pan and remove the pan from the heat. Stir the mashed potatoes and cilantro into the frying pan; stir to mix well.
- ☐ Sprinkle a few drops of water onto each slice of bread. Flatten the bread gently. Spoon 1/4 of the potato mixture onto the slice of bread.
- ☐ Roll the bread into a cylinder. Seal the edges together by pinching the ends with your fingers, use more water if it is necessary to keep the bread sealed. Do the same with the remaining 3 slices of bread.
- ☐ Pour the three tablespoons of oil into a large frying pan or wok.
- ☐ Heat the oil to a high heat.
- ☐ Place the bread rolls into the hot oil and fry until crispy.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:15.69, Inflammation Score:-7, Nutrition Score:7.1660869924918%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 232.97kcal (11.65%), Fat: 14.59g (22.44%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 20.58g (7.48%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 125.32mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin K: 26.56µg (25.29%), Vitamin C: 11.14mg (13.51%), Manganese: 0.25mg (12.68%), Vitamin B1: 0.17mg (11.59%), Vitamin B6: 0.19mg (9.74%), Folate: 38.2µg (9.55%), Vitamin B3: 1.78mg (8.88%), Selenium: 6.04µg (8.63%), Vitamin E: 1.23mg (8.19%), Fiber: 1.97g (7.89%), Potassium:

270.99mg (7.74%), Iron: 1.35mg (7.49%), Calcium: 62.28mg (6.23%), Phosphorus: 61.83mg (6.18%), Magnesium: 20.35mg (5.09%), Vitamin B2: 0.08mg (4.77%), Copper: 0.09mg (4.75%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.4mg (2.68%)