



Potatoes in Spicy Peanut and Sesame Paste



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



5

CALORIES



316 kcal

SIDE DISH

Ingredients



1 curry leaf



3 cardamom pods



1 teaspoon chili powder



1 inch cinnamon sticks



0.5 teaspoon cumin seeds



0.5 bunch cilantro leaves fresh finely chopped



0.5 bunch mint leaves fresh finely chopped



2 teaspoons ginger garlic paste

- ☐ 2 chilies green sliced lengthwise
- ☐ 0.5 teaspoon mustard seeds
- ☐ 4 tablespoons olive oil
- ☐ 2 medium onions finely chopped
- ☐ 4 medium potatoes diced peeled
- ☐ 0.3 cup roasted peanuts
- ☐ 1.3 teaspoons salt
- ☐ 1.5 teaspoons sesame seed toasted
- ☐ 1 large tomatoes chopped
- ☐ 0.5 teaspoon turmeric powder

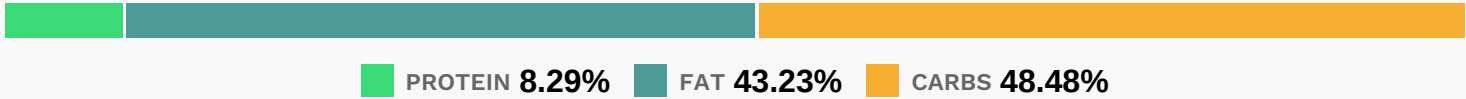
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place the peanuts and sesame seeds in a blender.
- ☐ Pour in enough water to not quite cover, and puree to a smooth, creamy paste. Set aside.
- ☐ Heat oil in a medium saucepan over medium-low heat.
- ☐ Add cloves, cardamom pods, cinnamon, cumin seeds, mustard seeds, and curry leaf. Stir in onions, and cook until soft and translucent.
- ☐ Mix in ginger garlic paste, and cook, stirring constantly, 1 minute. Stir in tomato, and cook about 5 minutes.
- ☐ Add chili powder, green chilies, turmeric, and salt. Stir in half of the mint and half of the cilantro.
- ☐ Add peanut and sesame paste, stirring vigorously to prevent sticking. Stir in potatoes, mixing well to coat.
- ☐ Pour in enough water to not quite cover potatoes, and mix thoroughly. Stir in remaining mint and cilantro, and cover; cook on low heat, stirring occasionally, until the potatoes are soft and the sauce is reduced to a creamy paste, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48.15, Glycemic Load:23.14, Inflammation Score:-9, Nutrition Score:15.817826022273%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg

Nutrients (% of daily need)

Calories: 315.72kcal (15.79%), Fat: 15.7g (24.15%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 32.55g (11.84%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 695.52mg (30.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Vitamin C: 44.69mg (54.17%), Manganese: 0.97mg (48.56%), Vitamin B6: 0.63mg (31.46%), Fiber: 7.05g (28.2%), Potassium: 970.04mg (27.72%), Magnesium: 68.71mg (17.18%), Vitamin B3: 3.3mg (16.5%), Phosphorus: 159.51mg (15.95%), Copper: 0.31mg (15.74%), Vitamin K: 16.25µg (15.48%), Vitamin E: 2.09mg (13.91%), Vitamin B1: 0.21mg (13.78%), Iron: 2.43mg (13.51%), Folate: 52.83µg (13.21%), Vitamin A: 502.33IU (10.05%), Vitamin B5: 0.71mg (7.05%), Zinc: 0.99mg (6.59%), Calcium: 61.24mg (6.12%), Vitamin B2: 0.09mg (5.4%), Selenium: 2.26µg (3.23%)