



Potatoes Madras

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- 14.4 ounce canned tomatoes whole chopped canned
- 2.5 cups cauliflower florets
- 1 tablespoon curry powder
- 4 servings parsley fresh chopped for garnish
- 2 cloves garlic crushed
- 0.5 tablespoon ground ginger
- 2 tablespoons malt vinegar
- 1 tablespoon mango chutney

- 1 large onion sliced
- 1.5 pounds potatoes cut into 1/2 inch dice
- 4 servings salt and pepper to taste
- 3 tablespoons vegetable oil
- 1.3 cups vegetable stock

Equipment

- frying pan

Directions

- Warm oil in a large skillet over medium heat. Stir in potatoes, cauliflower, onion, and garlic; cook until the garlic begins to brown. Stir in the curry powder and ginger, and cook about 3 minutes. Stir in lentils, tomatoes, vegetable stock, vinegar, and chutney. Season with salt and pepper. Cover, and simmer, stirring occasionally, until the lentils are tender, about 20 minutes. Top with parsley.

Nutrition Facts



PROTEIN 8.73% **FAT 30.36%** **CARBS 60.91%**

Properties

Glycemic Index:99.44, Glycemic Load:27.7, Inflammation Score:-8, Nutrition Score:24.980000008707%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 314.08kcal (15.7%), Fat: 11.13g (17.12%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 41.85g (15.22%), Sugar: 11.77g (13.07%), Cholesterol: 0mg (0%), Sodium: 657.92mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin C: 82.2mg (99.64%), Vitamin K: 104.36µg (99.39%), Manganese: 0.9mg (45.16%), Vitamin B6: 0.86mg (42.96%), Potassium: 1320.38mg (37.73%), Fiber: 8.37g (33.49%), Folate: 92.3µg (23.07%), Copper: 0.44mg (22.04%), Iron: 3.87mg (21.48%), Magnesium: 80.47mg

(20.12%), Vitamin B1: 0.27mg (18.16%), Phosphorus: 180.16mg (18.02%), Vitamin B3: 3.58mg (17.89%), Vitamin E: 2.55mg (17.01%), Vitamin A: 732.07IU (14.64%), Vitamin B5: 1.28mg (12.79%), Vitamin B2: 0.17mg (9.99%), Calcium: 95.2mg (9.52%), Zinc: 1.15mg (7.66%), Selenium: 2.65µg (3.78%)