



Potatoes with Whole Spices



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients



0.5 teaspoon mustard seeds black



3 tablespoons freshly cilantro leaves chopped



6 servings coarse salt



0.5 teaspoon cumin seeds



0.5 teaspoon fennel seeds



0.5 teaspoon fenugreek seeds



2 pounds potatoes peeled



0.5 teaspoon chili powder red

- ☐ 0.5 teaspoon nigella seeds
- ☐ 0.5 teaspoon turmeric
- ☐ 1 tablespoons vegetable oil

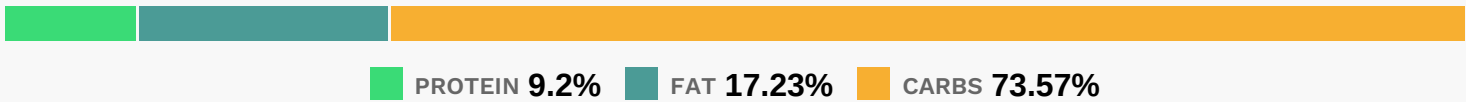
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Slice the potatoes into half-inch rounds, then dice these further into small, evenly-sized cubes. Using a wok or other non-stick pan, take the minimum amount of oil needed and fry these cubed potatoes over a high heat to start with and then turn the heat down and cover. When the potatoes are a little more than half done, add the turmeric, chili powder and some salt, closely followed by the whole spices, mixed together. Stir to combine and put the lid back on once again. When the potatoes are nearly ready (and you will have to be vigilant to ensure they don't get too soft), take the lid off, turn the heat up and stir-fry to enable any excess liquid to evaporate.
- ☐ Garnish with fresh cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:19.34, Inflammation Score:-8, Nutrition Score:8.310434875281%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 143.58kcal (7.18%), Fat: 2.82g (4.34%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 23.42g (8.52%), Sugar: 1.23g (1.36%), Cholesterol: 0mg (0%), Sodium: 206.43mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin C: 29.96mg (36.31%), Vitamin B6: 0.46mg (22.87%), Potassium: 655.3mg (18.72%), Fiber: 3.66g (14.64%), Manganese: 0.28mg (13.76%), Magnesium: 38.22mg (9.55%), Phosphorus: 91.93mg (9.19%), Copper: 0.18mg (8.76%), Iron: 1.56mg (8.66%), Vitamin B1: 0.13mg (8.44%),

Vitamin B3: 1.66mg (8.29%), Vitamin K: 7.88µg (7.51%), Folate: 25.04µg (6.26%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.05mg (3.16%), Calcium: 24.05mg (2.4%), Vitamin E: 0.29mg (1.95%), Selenium: 1.05µg (1.5%), Vitamin A: 68.56IU (1.37%)