



Roasted Potatoes with North Indian Spices



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1.8 teaspoons mustard seeds black
- ☐ 3.5 tablespoons canola oil divided
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.5 teaspoon garam masala
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground turmeric

- ☐ 0.5 jalapeño minced seeded
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 8 lime wedges
- ☐ 6 chiles dried red
- ☐ 8 cups potatoes red halved

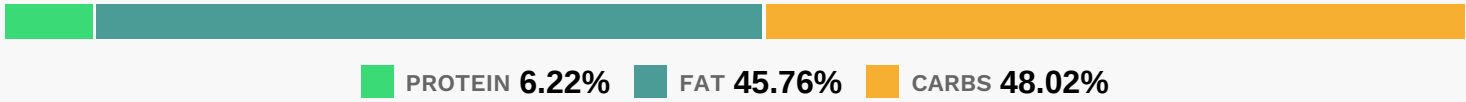
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1 tablespoon oil and potatoes, tossing to coat. Set aside.
- ☐ Heat remaining 2 1/2 tablespoons oil, mustard seeds, and chiles in a large skillet over medium-high heat; cook 1 1/2 minutes or until seeds begin to pop. Reduce heat to medium-low.
- ☐ Add ginger, garlic, and jalapeo to pan; cook 1 minute, stirring constantly. Stir in salt, turmeric, and Garam Masala; cook 1 minute, stirring constantly.
- ☐ Add spice mixture to potatoes, tossing to coat. Arrange potato mixture in a single layer in a 13 x 9inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 40 minutes or until potatoes are tender and browned, stirring every 10 minutes. Stir in cilantro, mint, and juice.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:5.9282608032227%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 8.19mg, Hesperetin: 8.19mg, Hesperetin: 8.19mg, Hesperetin: 8.19mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 122.98kcal (6.15%), Fat: 6.61g (10.17%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 13.25g (4.82%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 452.15mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 15.06mg (18.25%), Potassium: 410.03mg (11.72%), Manganese: 0.21mg (10.28%), Vitamin K: 10.42µg (9.92%), Fiber: 2.36g (9.45%), Vitamin B6: 0.17mg (8.48%), Vitamin E: 1.23mg (8.23%), Copper: 0.14mg (6.8%), Vitamin A: 311.21IU (6.22%), Phosphorus: 60.6mg (6.06%), Magnesium: 24.12mg (6.03%), Iron: 1.03mg (5.74%), Vitamin B3: 1.06mg (5.29%), Vitamin B1: 0.08mg (5.22%), Folate: 20.63µg (5.16%), Selenium: 2.02µg (2.88%), Vitamin B5: 0.29mg (2.85%), Vitamin B2: 0.05mg (2.65%), Calcium: 26.07mg (2.61%), Zinc: 0.38mg (2.51%)