



Spiced Indian potato wraps



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



3

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 4 sweet potatoes cut into chunky wedges
- ☐ 1 chilli red finely chopped
- ☐ 2 tbsp olive oil
- ☐ 2 tsp cumin seeds
- ☐ 1 tbsp garam masala
- ☐ 1 onion red thinly sliced
- ☐ 1 juice of lime
- ☐ 2 tsp sugar

- ☐ 150 ml natural yogurt
- ☐ 1 large bunch coriander
- ☐ 6 chapatis
- ☐ 6 chapatis

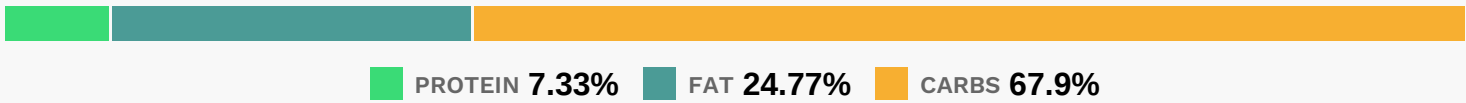
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the sweet potatoes with chilli, 1 tsp oil, cumin seeds, garam masala and plenty of seasoning on a roasting tray. Roast for 25–35 mins, turning wedges halfway, until tender and golden.
- ☐ Meanwhile fry onion in remaining oil for a few mins until partly softened, stir in the lime juice and sugar with some seasoning, then turn off the heat.
- ☐ Warm chapatis following pack instructions, then assemble by adding a couple of wedges of sweet potato to each, followed by a scattering of onions, a dollop of yogurt and a small handful of coriander leaves.
- ☐ Roll up and eat.

Nutrition Facts



Properties

Glycemic Index:85.36, Glycemic Load:33.62, Inflammation Score:-10, Nutrition Score:24.039565090252%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 419.45kcal (20.97%), Fat: 11.81g (18.17%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 72.84g (24.28%), Net Carbohydrates: 62.39g (22.69%), Sugar: 20.38g (22.64%), Cholesterol: 6.73mg (2.24%), Sodium: 197.46mg (8.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin A: 43147.68IU (862.95%), Manganese: 0.91mg (45.74%), Vitamin C: 35.59mg (43.14%), Fiber: 10.45g (41.8%), Vitamin B6: 0.78mg (39.01%), Potassium: 1248.36mg (35.67%), Vitamin B5: 2.71mg (27.15%), Copper: 0.51mg (25.72%), Magnesium: 95.28mg (23.82%), Phosphorus: 217.56mg (21.76%), Vitamin K: 21.8µg (20.76%), Vitamin B1: 0.29mg (19.39%), Calcium: 179.93mg (17.99%), Iron: 3.13mg (17.41%), Vitamin B2: 0.29mg (17.12%), Vitamin E: 2.4mg (16.03%), Folate: 49.98µg (12.5%), Vitamin B3: 2.05mg (10.27%), Zinc: 1.4mg (9.33%), Selenium: 3.33µg (4.76%), Vitamin B12: 0.19µg (3.19%)