



Spiced Potatoes and Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon brown mustard seeds
- ☐ 2 tablespoons canola oil
- ☐ 1 new mexican chile
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 teaspoons garlic minced
- ☐ 8 ounces green beans trimmed cut into 1-inch pieces
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 pound yukon gold red cut into 1/2-inch pieces

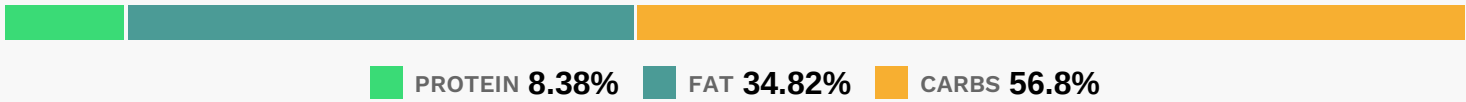
Equipment

- ☐ frying pan

Directions

- ☐ Place chile in a spice or coffee grinder; process until finely ground (about 1 teaspoon).
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mustard seeds to pan; saut 30 seconds or until seeds begin to pop.
- ☐ Add onion; saut 2 minutes or until lightly browned. Stir in ground chile, garlic, and next 4 ingredients (through turmeric); cook 30 seconds, stirring constantly. Stir in potatoes; cook 2 minutes.
- ☐ Add 1/2 cup water and salt, and bring to a boil. Reduce heat to medium-low and simmer, covered, 8 minutes or until potatoes are tender.
- ☐ Add beans; cover and cook 5 minutes or until beans are crisp-tender. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:10.13652177479%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 148.86kcal (7.44%), Fat: 6.09g (9.36%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 18.6g (6.76%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 372.62mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin C: 29.39mg (35.62%), Vitamin K: 30.05µg (28.62%), Potassium: 609.71mg (17.42%), Manganese: 0.34mg (16.91%), Vitamin B6: 0.32mg (16.12%), Fiber: 3.73g (14.93%), Magnesium: 40.51mg (10.13%), Folate: 40.12µg (10.03%), Copper: 0.2mg (9.77%), Iron: 1.7mg (9.46%), Vitamin A: 464.82IU (9.3%), Vitamin B1: 0.14mg (9.24%), Phosphorus: 92.06mg (9.21%), Vitamin E: 1.28mg (8.55%), Vitamin B3: 1.58mg (7.89%), Vitamin B2: 0.1mg (5.72%), Calcium: 44.94mg (4.49%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.55mg (3.68%), Selenium: 1.26µg (1.8%)