



HEALTH SCORE

58%

Spicy potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 800 g potatoes peeled cut into small cubes
- ☐ 2 tbsp olive oil
- ☐ 1 tsp mustard seeds
- ☐ 1 tsp turmeric
- ☐ 2 tsp garam masala
- ☐ 140 g pea-mond dressing frozen

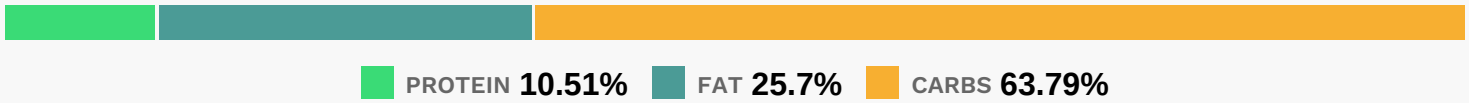
Equipment

- ☐ frying pan

Directions

- ☐ Cover the potatoes in cold salted water, then bring to the boil. Simmer for 5 mins, until just tender.
- ☐ Drain and allow to steam dry for a few mins.
- ☐ Heat the oil in a frying pan and fry the spices for 1 min until fragrant. Tip in the potatoes and toss well so they are coated in the spices. Gently fry for 5–10 mins until slightly golden, then add peas, mix well and cook for 3–4 mins more. Season well before serving.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:27.64, Inflammation Score:-10, Nutrition Score:14.093912972056%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 264.97kcal (13.25%), Fat: 7.73g (11.89%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 36.1g (13.13%), Sugar: 2.77g (3.07%), Cholesterol: 0mg (0%), Sodium: 14.5mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin C: 39.72mg (48.14%), Vitamin B6: 0.64mg (31.84%), Fiber: 7.04g (28.16%), Potassium: 956.95mg (27.34%), Folate: 105.82µg (26.46%), Manganese: 0.53mg (26.38%), Phosphorus: 174.21mg (17.42%), Magnesium: 67.46mg (16.87%), Copper: 0.32mg (15.82%), Vitamin B1: 0.24mg (15.7%), Iron: 2.75mg (15.29%), Vitamin B3: 2.33mg (11.67%), Vitamin K: 8.71µg (8.29%), Vitamin E: 1.17mg (7.79%), Vitamin B5: 0.74mg (7.4%), Zinc: 1.09mg (7.24%), Vitamin B2: 0.09mg (5.05%), Selenium: 2.54µg (3.63%), Calcium: 34.81mg (3.48%)