



Tempered Spicy Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 2 inch cinnamon sticks
- 120 curry leaves
- 0.5 tsp mustard seeds
- 1.5 tbsp cooking oil for deep frying for tempering
- 3 large onion sliced
- 500 g potatoes boiled
- 1 tsp pepper dried red
- 4 servings salt to taste

1 teaspoon turmeric

Equipment

frying pan

Directions

Cut the par boiled potatoes into wedges

Heat oil in a pan for deep frying and fry the potatoes until its slightly golden brown. Keep the fried potatoes aside.

Keep a frying pan on medium heat (I used a non stick pan)and add 1 1/2 tbsp of oil

Add the mustard seeds , cinnamon stick and curry leaves.

Let the mustard seeds pop.

Next add the sliced onions and cook for 1 minute .

Add the potatoes, turmeric and salt .

Stir fry the potatoes for 5 minutes on low heat until the onions are slightly golden brown.

Lastly add the red chilli flakes cook for a minute .

Serve warm with rice/ roti/ bread

Nutrition Facts



PROTEIN 10.88% **FAT 8.26%** **CARBS 80.86%**

Properties

Glycemic Index:30.19, Glycemic Load:18.32, Inflammation Score:-10, Nutrition Score:22.61347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.71mg, Quercetin: 23.71mg, Quercetin: 23.71mg, Quercetin: 23.71mg

Taste

Sweetness: 25.33%, Saltiness: 100%, Sourness: 9.45%, Bitterness: 10.55%, Savoriness: 23.15%, Fattiness: 75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 172.42kcal (8.62%), Fat: 1.64g (2.53%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 30g (10.91%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 214.26mg (9.32%), Protein: 4.87g (9.74%), Vitamin B3: 346.55mg (1732.75%), Folate: 3567.15µg (891.79%), Vitamin C: 633.12mg (767.42%), Vitamin B6: 0.53mg (26.25%), Vitamin A: 1288.55IU (25.77%), Manganese: 0.5mg (25.02%), Fiber: 6.2g (24.79%), Potassium: 716.92mg (20.48%), Calcium: 173.74mg (17.37%), Magnesium: 49.54mg (12.39%), Phosphorus: 117.66mg (11.77%), Vitamin B1: 0.17mg (11.19%), Copper: 0.21mg (10.27%), Iron: 1.71mg (9.5%), Vitamin B2: 0.11mg (6.39%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.65mg (4.35%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.45mg (2.99%), Selenium: 1.6µg (2.28%)