



## Vegetable Pakoras



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup pieces cauliflower ( )
- ☐ 1 teaspoon cumin seeds
- ☐ 2 teaspoons madras curry powder
- ☐ 1 large eggs lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 jalapeno diced finely

- ☐ 6 tablespoons mango chutney
- ☐ 0.5 cup onion   diced finely
- ☐ 3 tablespoons vegetable oil; peanut oil preferred   divided
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sweet potatoes and into   diced peeled ()
- ☐ 0.3 cup water

## Equipment

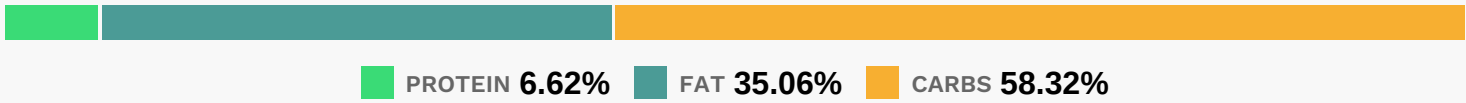
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, curry powder, cumin, and salt, stirring with a whisk.
- ☐ Combine 1/3 cup water and egg, stirring with a whisk.
- ☐ Add egg mixture to flour mixture; stir until smooth. Cover; let stand 10 minutes.
- ☐ Place sweet potato in a small saucepan; cover with water. Bring to a boil; reduce heat, and simmer 5 minutes or until just tender.
- ☐ Drain and cool to room temperature.
- ☐ Add sweet potato, cauliflower, onion, cilantro, garlic, and jalapeo to flour mixture; stir until well combined (batter will be very thick).
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 tablespoons oil to pan, swirling to coat. Drop 2 tablespoons batter into pan, and flatten slightly with the back of a spoon. Repeat procedure to make 6 pakoras. Reduce heat to medium, and cook 4 minutes on each side or until browned.

- ☐
- Remove from pan; drain on paper towels. Repeat procedure with remaining 1 1/2 tablespoons oil and batter.
- ☐
- Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:17.28, Inflammation Score:-9, Nutrition Score:8.4030435137127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 208.28kcal (10.41%), Fat: 8.18g (12.59%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 28.68g (10.43%), Sugar: 11.43g (12.7%), Cholesterol: 31mg (10.33%), Sodium: 228.72mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin A: 2436.28IU (48.73%), Vitamin C: 12.86mg (15.58%), Manganese: 0.24mg (12.06%), Folate: 46.87µg (11.72%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.15mg (9.89%), Vitamin E: 1.48mg (9.88%), Vitamin B2: 0.15mg (8.83%), Iron: 1.52mg (8.46%), Fiber: 1.96g (7.83%), Vitamin B6: 0.13mg (6.3%), Phosphorus: 59.44mg (5.94%), Vitamin B3: 1.08mg (5.42%), Potassium: 188.97mg (5.4%), Copper: 0.1mg (4.79%), Vitamin B5: 0.46mg (4.61%), Vitamin K: 4.37µg (4.16%), Magnesium: 16.23mg (4.06%), Calcium: 30.41mg (3.04%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)