

Indian Spiced Cauliflower & Potatoes

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-cauliflower-and-potato-dish>

Ingredients:

- 1 1/2 pounds potatoes peeled and cut into 1/2 inch cubes
- 1 head cauliflower trimmed of leaves and chopped into florets
- 1 inch fresh ginger piece
- 1/2 teaspoon red pepper flakes
- 2 cloves garlic peeled and minced
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1 1/4 cups water
- 1/2 cup fresh cilantro chopped, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 25 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. Sodium: 240 milligrams
7. Sugar: 3 grams

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