

# Indian Spiced Cauliflower and Potato

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/skinnytaste-cauliflower-potatoe-indian-recipe>

## Ingredients:

- 1 cauliflower large, cut into florets
- 3 medium potatoes peeled and chopped into small chunks
- 1 onion medium, chopped
- 1 tablespoon butter
- salt
- 1/2 teaspoon Garam Masala
- 1 teaspoon coriander
- 1/4 teaspoon tumeric
- 1/2 teaspoon chili powder

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 270 milligrams
9. Sugar: 6 grams

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