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Spicy Kale & Potato Curry ♦♦

Spicy Kale & Potato Curry is a delicious vegetarian curry dish that combines the flavors of kale, potatoes, and a blend of spices. It is a popular dish in Indian cuisine and is often served with rice or bread. The curry is known for its rich and creamy texture, as well as its spicy and flavorful taste.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	kale
300 g	potatoes
100 g	onion
2 cloves	garlic

10 g	Ginger
200 g	Tomatoes
30 g	vegetable oil
5 g	cumin seeds
10 g	coriander powder
5 g	turmeric powder
5 g	red chili powder
5 g	Salt
250 ml	Water

Directions

Step 1

Sautéing

Heat vegetable oil in a pan and add cumin seeds.

Prep Time: 5 mins

Cook Time: 2 mins

Step 2

Sautéing

Add chopped onion, garlic, and ginger. Sauté until golden brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Add chopped tomatoes and cook until they turn mushy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Cooking

Add coriander powder, turmeric powder, red chili powder, and salt. Mix well.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Cooking

Add chopped kale and potatoes. Mix well and cook for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Simmering

Add water and let the curry simmer for another 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Serving

Serve hot with rice or bread.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian

Indian

Mexican

Mediterranean

Vietnamese

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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