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Spicy Potatoes and Cauliflower

A delicious vegetarian recipe that combines spicy potatoes and cauliflower. This dish is packed with flavor and can be enjoyed as a main course or a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
500 g	cauliflower
2 tbsp	olive oil
1 tsp	cumin powder
1 tsp	coriander powder
0.5 tsp	turmeric powder

0.5 tsp	red chili powder
1 tsp	salt
10 g	Cilantro

Directions

Step 1

Cutting

Peel and cut the potatoes into small cubes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Separate the cauliflower into florets.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Heat olive oil in a pan and add cumin powder, coriander powder, turmeric powder, red chili powder, and salt. Mix well.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stove

Add the potatoes and cauliflower to the pan. Cook until they are tender and slightly crispy.

Prep Time: 10 mins

Cook Time: 15 mins

Step 5

Garnish with cilantro and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 5 g

Carbohydrates: 30 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	30 g	54.55%	60%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Cuisines

Italian Mexican Japanese Mediterranean Greek American

Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium High Iron

Kitchen Tools

Blender

Course

Appetizers Main Dishes

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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