



 **13%**
HEALTH SCORE

Baked Indian Samosas

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



784 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 packages puff pastry
- 1 eggs
- 1 teaspoon water
- 1 large baking potatoes
- 8 servings water
- 8 servings salt
- 2 bay leaves
- 1.5 teaspoons coriander seeds

- 0.5 teaspoon peppercorns black
- 0.5 teaspoon pepper red
- 3 ounces chicken breast boneless skinless
- 1 mangos diced pitted peeled finely
- 0.3 cup peas
- 0.5 juice of lime
- 5 tablespoons chipotle sauce
- 0.5 teaspoon cumin seeds
- 3 tablespoons cilantro leaves minced
- 8 servings pepper black freshly ground

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- whisk

Directions

- Preheat the oven to 425 degrees F.
- In a small saucepan, add the potato and enough cold water to cover.
- Add a generous pinch of salt and bring to a boil over medium heat, then reduce the heat and simmer until tender, 12 to 15 minutes.
- Bring 4 cups water to a simmer and add a generous pinch of salt, bay leaves, 1 teaspoon coriander seeds, peppercorns, chili flakes, and chicken breast. Simmer until cooked through, 8 to 10 minutes.
- Mash the potato and finely shred the chicken and put into a large bowl.
- Combine with peas, mango, lime juice, chipotle sauce, remaining coriander seeds, cumin, cilantro, and salt and pepper, to taste.

- Mixing with a spoon or your hands, until well incorporated. Taste for seasoning and adjust, if necessary.
- Roll the puff pastry out slightly, flattening the seams. Using a paring knife to trace a 7-inch ring mold or bowl, cut the dough into 8 (7-inch wide) rounds.
- Cut each into 2 semicircles.
- Put a tablespoon or so of the filling in the center of a semicircle. Have a small bowl of water handy. Dip your finger in the water and run it along the edges of the semicircle. Arrange the samosas so the flat side is facing away from you. Grab the left corner and fold it over the dough in a triangular motion, so that this corner lands on the bottom right side of the filling. Do the same with the other corner.
- Squeeze bottom shut, and fold over, sealing with water and then press with a fork. Repeat with remaining dough and filling. Arrange the 8 samosas on a lightly greased baking sheet.
- In a small bowl, whisk the egg and 1 teaspoon water with a fork until thoroughly combined.
- Brush the tops with the egg wash.
- Bake for 15 minutes at 425 degrees F, then turn heat down to 375 degrees F and bake for 10 more minutes. You can flip them over just before you turn the heat down, if you like.
- Serve with chutney

Nutrition Facts

PROTEIN 7.27% **FAT 54.69%** **CARBS 38.04%**

Properties

Glycemic Index:42.23, Glycemic Load:38.48, Inflammation Score:-6, Nutrition Score:17.449565217391%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 39.38%, Saltiness: 71.08%, Sourness: 26.32%, Bitterness: 47.44%, Savoriness: 20.07%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 784.46kcal (39.22%), Fat: 48.15g (74.08%), Saturated Fat: 12.23g (76.44%), Carbohydrates: 75.37g (25.12%), Net Carbohydrates: 69.29g (25.2%), Sugar: 8.89g (9.88%), Cholesterol: 27.26mg (9.09%), Sodium: 544.14mg (23.66%), Protein: 14.4g (28.8%), Selenium: 35.31µg (50.44%), Manganese: 0.77mg (38.65%), Vitamin B1: 0.56mg (37.11%), Vitamin B3: 7mg (35.01%), Folate: 119.53µg (29.88%), Vitamin B2: 0.42mg (24.56%), Fiber: 6.08g (24.31%), Vitamin K: 24.03µg (22.89%), Iron: 4mg (22.2%), Vitamin C: 14.69mg (17.81%), Vitamin B6: 0.32mg (15.9%), Phosphorus: 144.09mg (14.41%), Copper: 0.28mg (14.04%), Potassium: 386.07mg (11.03%), Magnesium: 42.83mg (10.71%), Vitamin A: 402.51IU (8.05%), Zinc: 1.06mg (7.04%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.44mg (4.4%), Calcium: 39.54mg (3.95%), Vitamin B12: 0.07µg (1.17%)