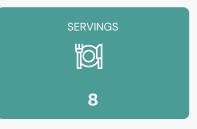


Baked Indian Samosas

airy Free







ANTIPASTI

STARTER

SNACK

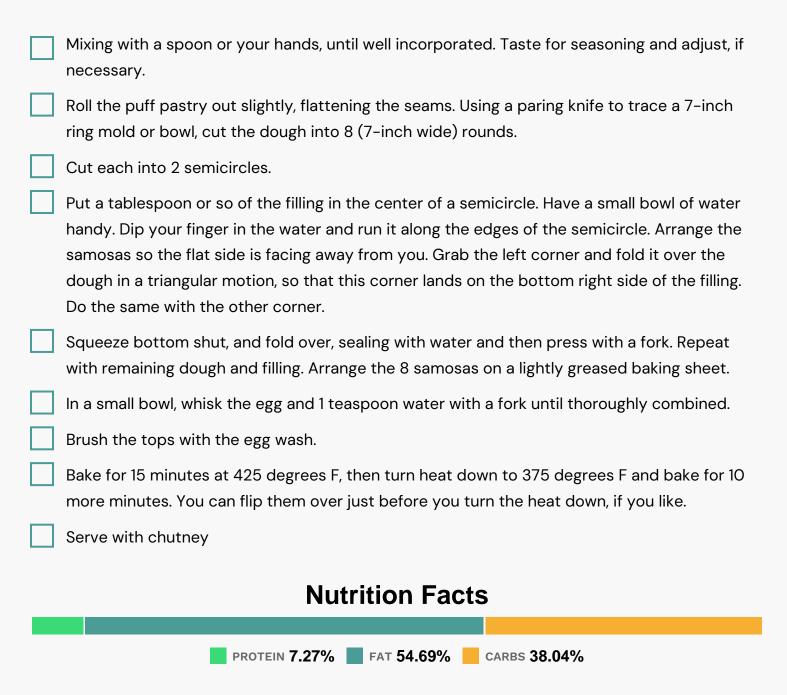
APPETIZER

Ingredients

Ш	2 packages puff pastry
	1 eggs
	1 teaspoon water
	1 large baking potatoes
	8 servings water
	8 servings salt
	2 hay 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
Eq	uipment
Ш	bowl
	baking sheet
	sauce pan
	oven
	knife
	whisk
Di	rections
	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.



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, 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, Naringenin: 0.01mg, Nari

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%)