

Beef Samosas

 Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf crushed
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 4 cloves garlic crushed
- ☐ 2 tablespoons chile peppers green chopped
- ☐ 1 pound ground beef

- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon ground turmeric
- ☐ 1 quart oil for deep frying
- ☐ 2 large onions finely chopped
- ☐ 1 cup peas frozen thawed
- ☐ 16 ounce phyllo dough
- ☐ 2 large potatoes peeled
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ paper towels
- ☐ sauce pan

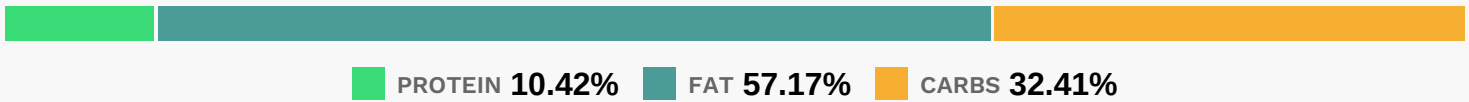
Directions

- ☐ Bring a medium saucepan of lightly salted water to a boil. Stir in potatoes and peas. Cook until potatoes are tender but still firm, about 15 minutes.
- ☐ Drain, mash together and set aside.
- ☐ In a large saucepan over medium high heat, heat the oil. Brown cumin seeds and bay leaf.
- ☐ Mix in onions and ground beef. Cook until beef is evenly brown and onions are soft, about 5 minutes.
- ☐ Mix in garlic, fresh ginger root. Season with black pepper, salt, cumin, coriander, turmeric, chili powder, cinnamon and cardamom. Stir in the mashed potato mixture.
- ☐ Remove from heat and chill in the refrigerator for 1 hour, or until cool.
- ☐ Heat oil in a large, heavy saucepan over high heat.

- ☐
- Mix cilantro and green chile peppers into the potato and beef mixture.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:10.84, Inflammation Score:-7, Nutrition Score:9.207825978813%

Flavonoids

Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 294.32kcal (14.72%), Fat: 18.76g (28.86%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 21.53g (7.83%), Sugar: 1.61g (1.79%), Cholesterol: 17.89mg (5.96%), Sodium: 343.86mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Vitamin C: 13.05mg (15.82%), Manganese: 0.3mg (15.18%), Selenium: 10.17µg (14.53%), Vitamin E: 2.16mg (14.41%), Vitamin B1: 0.21mg (14.16%), Vitamin K: 14.6µg (13.91%), Vitamin B3: 2.75mg (13.75%), Vitamin B6: 0.26mg (12.9%), Iron: 2mg (11.12%), Phosphorus: 98.94mg (9.89%), Folate: 39.11µg (9.78%), Zinc: 1.46mg (9.75%), Fiber: 2.39g (9.55%), Vitamin B2: 0.15mg (9.11%), Potassium: 318.83mg (9.11%), Vitamin B12: 0.54µg (8.99%), Magnesium: 23.79mg (5.95%), Copper: 0.11mg (5.72%), Vitamin B5: 0.36mg (3.6%), Calcium: 23.47mg (2.35%), Vitamin A: 101.71IU (2.03%)