



Crescent Samosas

READY IN



50 min.

SERVINGS



8

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 oz chilis green chopped old el paso® canned
- 16 oz reduced fat crescent rolls refrigerated pillsbury® canned
- 0.5 teaspoon cumin
- 1 teaspoon curry powder
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 1.5 teaspoons juice of lemon
- 2 tablespoons olive oil

- 15 oz peas drained lesueur® canned
- 1 Dash pepper
- 8 servings bell pepper to taste
- 15 oz potatoes diced whole drained canned
- 0.3 teaspoon salt

Equipment

- frying pan
- baking sheet
- oven
- blender

Directions

- Heat oven to 375°F. In 12-inch skillet, heat oil over medium heat.
- Add 1 garlic clove and 4 tablespoons of the chiles; cook and stir 2 minutes.
- Add potatoes and 1/2 teaspoon salt; cook 8 minutes or until potatoes are light golden brown, stirring frequently.
- Add peas, curry powder, lemon juice and pepper; cook and stir until thoroughly heated, mashing slightly as mixture cooks.
- Separate dough into 16 triangles.
- Place 2 rounded tablespoons potato mixture on shortest side of each triangle.
- Roll up, starting at shortest side of triangle, gently wrapping dough around filling and rolling to opposite point. Pinch edges to seal.
- Place on ungreased large cookie sheet.
- Bake 15 to 20 minutes or until samosas are golden brown.
- Meanwhile, in blender, place sauce ingredients. Cover; blend until smooth. Refrigerate until serving time.
- Garnish samosas with remaining chiles.
- Serve warm with sauce.

Nutrition Facts

PROTEIN 12.59% FAT 27.08% CARBS 60.33%

Properties

Glycemic Index:33.01, Glycemic Load:9.83, Inflammation Score:-9, Nutrition Score:18.597826149153%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 339.14kcal (16.96%), Fat: 10.22g (15.73%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 45.1g (16.4%), Sugar: 15.02g (16.69%), Cholesterol: 0.61mg (0.2%), Sodium: 614.41mg (26.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin C: 133.37mg (161.66%), Vitamin A: 2773.49IU (55.47%), Vitamin B6: 0.51mg (25.37%), Fiber: 6.15g (24.59%), Folate: 90.27µg (22.57%), Manganese: 0.41mg (20.39%), Iron: 3.56mg (19.8%), Vitamin K: 20.6µg (19.62%), Potassium: 616.09mg (17.6%), Vitamin B1: 0.24mg (16.19%), Phosphorus: 159.12mg (15.91%), Vitamin B2: 0.23mg (13.46%), Vitamin B3: 2.56mg (12.79%), Vitamin E: 1.82mg (12.13%), Magnesium: 46.46mg (11.61%), Calcium: 94.86mg (9.49%), Zinc: 1.33mg (8.88%), Copper: 0.17mg (8.65%), Vitamin B5: 0.66mg (6.63%), Selenium: 2.45µg (3.49%), Vitamin B12: 0.19µg (3.11%)