



Cumin-Scented Samosas with Mint Raita

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 cups baking potato peeled chopped
- 0.5 teaspoon pepper black freshly ground
- 1.5 cups carrots peeled chopped
- 0.8 teaspoon pepper red crushed
- 0.5 cup cilantro leaves fresh chopped
- 2.5 tablespoons ginger fresh minced peeled
- 0.3 cup mint leaves fresh chopped
- 1.5 tablespoons garlic minced

- 1 teaspoon ground cinnamon
- 2 teaspoons ground coriander
- 1 tablespoon ground cumin
- 0.3 teaspoon ground turmeric
- 1 tablespoon juice of lemon fresh
- 1 cup yogurt plain low-fat
- 1.5 tablespoons olive oil
- 2 cups onion finely chopped
- 1.3 cups peas green frozen thawed
- 16 sheets phyllo dough frozen thawed ()
- 0.8 teaspoon salt

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wok
- cutting board

Directions

- To prepare samosas, cook potato and carrot in boiling water 8 minutes or until tender; drain.
- Heat oil in a wok or large skillet over medium heat.
- Add onion to pan; cook 10 minutes or until lightly browned, stirring frequently.
- Add ginger, garlic, and red pepper; cook 2 minutes, stirring frequently. Stir in cumin and next 5 ingredients (through turmeric); cook 15 seconds, stirring constantly.
- Add potato mixture, peas, cilantro, and juice, stirring well to combine; cool slightly.

- Place half of filling in a food processor; pulse until coarsely chopped. Spoon chopped filling into a bowl. Repeat procedure with remaining filling.
- Preheat oven to 35
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to prevent drying); lightly coat with cooking spray. Fold phyllo sheet in half lengthwise to form an 18 x 7inch rectangle. Spoon about 3 tablespoons filling onto bottom end of rectangle, leaving a 1-inch border. Fold left bottom corner over mixture, forming a triangle; keep folding back and forth into a triangle to end of phyllo strip. Tuck edges under triangle; lightly coat seam with cooking spray.
- Place triangles, seam side down, 2 inches apart on baking sheets coated with cooking spray. Repeat procedure with remaining phyllo, cooking spray, and filling to form 16 samosas.
- Bake at 350 for 13 minutes with 1 baking sheet on bottom rack and 1 baking sheet on second rack from the top. Rotate baking sheets; bake an additional 12 minutes or until samosas are lightly browned.
- To prepare raita, combine yogurt and mint.
- Serve with samosas.

Nutrition Facts

■ PROTEIN **12.15%** ■ FAT **21.46%** ■ CARBS **66.39%**

Properties

Glycemic Index:45.61, Glycemic Load:16, Inflammation Score:-10, Nutrition Score:16.46999982129%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 245.56kcal (12.28%), Fat: 5.95g (9.15%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 36.71g (13.35%), Sugar: 6.75g (7.5%), Cholesterol: 1.84mg (0.61%), Sodium: 450.63mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin A: 4413.52IU (88.27%), Manganese:

0.59mg (29.33%), Vitamin B1: 0.36mg (24.07%), Vitamin C: 18.45mg (22.36%), Fiber: 4.7g (18.82%), Folate: 73.21µg (18.3%), Vitamin B2: 0.28mg (16.42%), Vitamin B6: 0.33mg (16.37%), Iron: 2.94mg (16.31%), Selenium: 11.13µg (15.9%), Phosphorus: 152.18mg (15.22%), Vitamin K: 15.95µg (15.2%), Potassium: 526.88mg (15.05%), Vitamin B3: 2.92mg (14.61%), Calcium: 111.38mg (11.14%), Magnesium: 43.32mg (10.83%), Copper: 0.19mg (9.33%), Zinc: 1.12mg (7.44%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.76mg (5.05%), Vitamin B12: 0.17µg (2.86%)