



Curried Vegetable Samosas with Cilantro-Mint Chutney

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups baking potatoes cooked peeled mashed
- ☐ 1 teaspoon butter softened
- ☐ 1 teaspoon curry powder
- ☐ 1 large eggs lightly beaten
- ☐ 10 egg roll wrappers
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 inch ginger fresh peeled
- ☐ 1 tablespoon mint leaves fresh minced

- ☐ 0.5 cup mint leaves fresh
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup lentils yellow cooked
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.3 cup onion red chopped
- ☐ 1 serrano chiles coarsely chopped
- ☐ 0.1 teaspoon sugar
- ☐ 1 tablespoon water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender

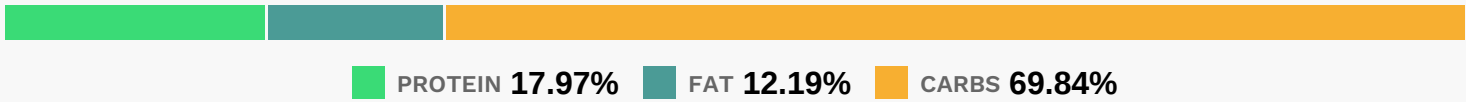
Directions

- ☐ To prepare chutney, combine first 9 ingredients in a blender; process until smooth. Set aside.
- ☐ To prepare samosas, combine potatoes, lentils, mint, curry powder, 1 teaspoon butter, 1/4 teaspoon salt, and cumin. Gently fold in peas.
- ☐ Working with 1 egg roll wrapper at a time (cover remaining wrappers to prevent drying), cut down middle to form 2 long rectangles. Moisten edges of wrapper with egg. Spoon 1 tablespoon potato mixture near bottom edge of wrapper. Fold up from 1 corner to the opposite outer edge of the wrapper, making a triangle. Fold over to opposite side again as if folding up a flag. Repeat fold to opposite side to form a triangle. Repeat with remaining wrappers and filling.
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Lightly coat samosas with cooking spray.
- ☐ Add samosas to pan, and cook 1 minute on each side.
- ☐ Drain on paper towels.

☐

Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:89.44, Glycemic Load:8.56, Inflammation Score:-7, Nutrition Score:14.687826172165%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 2.49mg, Eriodictyol: 2.49mg, Eriodictyol: 2.49mg, Eriodictyol: 2.49mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 230.16kcal (11.51%), Fat: 3.14g (4.83%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 33.54g (12.19%), Sugar: 2.45g (2.73%), Cholesterol: 52.11mg (17.37%), Sodium: 365.45mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Manganese: 0.65mg (32.62%), Folate: 123.39µg (30.85%), Fiber: 6.94g (27.75%), Vitamin B1: 0.38mg (25.44%), Vitamin C: 17.6mg (21.34%), Selenium: 14.71µg (21.01%), Iron: 3.55mg (19.71%), Vitamin B6: 0.33mg (16.54%), Phosphorus: 163.6mg (16.36%), Vitamin B2: 0.27mg (16.11%), Vitamin B3: 3.16mg (15.8%), Potassium: 488.55mg (13.96%), Vitamin A: 695.33IU (13.91%), Vitamin K: 12.99µg (12.37%), Magnesium: 49.37mg (12.34%), Copper: 0.24mg (12.06%), Zinc: 1.47mg (9.79%), Vitamin B5: 0.68mg (6.79%), Calcium: 64.78mg (6.48%), Vitamin E: 0.44mg (2.92%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.25µg (1.67%)