



East Indian Vegetable Samosa Pastries

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon vegetable stock
- 2 pepper flakes diced seeded
- 0.5 teaspoon cumin seeds toasted
- 0.5 teaspoon curry powder
- 1.5 teaspoons curry powder
- 1 egg yolk
- 2.7 cups flour all-purpose
- 2 tablespoons cilantro leaves fresh minced

- 2 tablespoons mint leaves fresh minced
- 1 teaspoon ginger garlic paste (or)
- 1 teaspoon ground coriander
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh
- 0.8 cup olive oil light
- 1 tablespoon juice of lemon fresh
- 0.3 cup milk
- 1 tablespoon olive oil
- 12 servings olive oil
- 1 cup onion finely chopped
- 0.3 teaspoon onion powder
- 0.8 cup peas frozen thawed
- 2 lbs potatoes boiled peeled
- 1.3 teaspoons sea salt fine

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- spatula
- rolling pin

Directions

PEEL potatoes; CUT into quarters and cook until tender in gently boiling salted water; DRAIN; MASH potatoes coarsely in a large bowl; ADD 1 cup finely chopped onion, 3/4 cup thawed frozen peas, 2 diced seeded anaheim chilies, 2 tablespoons minced fresh cilantro and 2 tablespoons minced fresh mint. TOAST 1/2 teaspoon cumin seeds in a skillet over medium heat, until seeds become aromatic and lightly pop; ADD to the other ingredients in large bowl; WHISK together the remaining spices in a cup or smaller bowl: 2 tablespoons fresh lemon juice or 2 tablespoons lime juice, 1 tablespoon olive oil, 2 teaspoons ground coriander, 1 1/2 teaspoons curry powder, 1 teaspoon ground cumin, 1 teaspoon ginger-garlic paste (or 1/2 teaspoon each) and 1 1/4 teaspoons fine sea salt; POUR over ingredients in bowl; STIR mixture gently until mixture is thoroughly combined. MEASURE all of the EASY HOMEMADE PASTRY ingredients into large bowl of a food processor; PROCESS ingredients for one minute or until the dough forms into a ball. PLACE the dough onto clean smooth surface sprinkled with flour; ROLL into a sheet of dough between 1/8 and 1/4 inch thick; SPRINKLE with flour to prevent rolling pin from sticking if needed. CUT dough sheet into circles by pressing a large drinking glass over dough, re-rolling scraps if needed; REPEAT process until all dough is used. PLACE oven rack to center position; PREHEAT oven to 400F. SPOON about 1 tablespoon VEGETABLE SAMOSA FILLING on one half of each pastry circle, leaving a 1/2-inch border (add just enough filling without overstuffing); FOLD each pastry circle over in half to form a turnover; PRESS round edge of turnovers gently with a fork (if you have leftover filling, you may serve this as a tasty Indian potato salad later!). LIFT turnovers with a metal spatula; arrange on greased cookie sheet; BRUSH with olive oil. BAKE turnovers 15-20 minutes, or until golden brown. SERVE with Major Grey chutney or mint chutney and enjoy!

Nutrition Facts

 PROTEIN 6.64%  FAT 48.96%  CARBS 44.4%

Properties

Glycemic Index:34.17, Glycemic Load:26.01, Inflammation Score:-6, Nutrition Score:12.324782584025%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 347.25kcal (17.36%), Fat: 19.11g (29.4%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 39g (13%), Net Carbohydrates: 35.3g (12.84%), Sugar: 2.6g (2.89%), Cholesterol: 17.01mg (5.67%), Sodium: 258.91mg (11.26%), Alcohol: 0g (100%), Protein: 5.83g (11.67%), Vitamin C: 32.19mg (39.02%), Vitamin B1: 0.33mg (21.74%), Manganese: 0.42mg (20.92%), Folate: 77.57µg (19.39%), Vitamin E: 2.79mg (18.63%), Vitamin B6: 0.32mg (16.1%), Selenium: 11.09µg (15.84%), Vitamin K: 16.21µg (15.44%), Fiber: 3.7g (14.81%), Iron: 2.65mg (14.75%), Vitamin B3: 2.79mg (13.97%), Potassium: 451.06mg (12.89%), Vitamin B2: 0.21mg (12.17%), Phosphorus: 108.2mg (10.82%), Magnesium: 34.81mg (8.7%), Copper: 0.17mg (8.37%), Vitamin B5: 0.46mg (4.65%), Zinc: 0.69mg (4.62%), Vitamin A: 224.36IU (4.49%), Calcium: 40.14mg (4.01%), Vitamin B12: 0.07µg (1.1%), Vitamin D: 0.16µg (1.04%)