



E's Samosa Wraps

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon ground pepper to taste (or)
- 2 teaspoons curry powder
- 390 g extra tofu frozen thawed for 24 hours and
- 1 tablespoon ginger fresh minced peeled
- 450 g yukon gold potatoes red (2 medium)
- 0.5 teaspoon ground coriander
- 0.8 teaspoon ground cumin
- 0.5 jalapeno diced stemmed seeded finely

- 1 tablespoon juice of lemon
- 1 medium onion minced
- 236 ml peas green frozen
- 1 teaspoon salt to taste
- 1 medium tomatoes diced
- 0.5 cup water
- 6 frangelico gluten-free (may use)

Equipment

- frying pan

Directions

- Remove from water and set aside to cool. When cool enough to handle, peel and cut into 1/4-inch pieces (6mm). Squeeze tofu to remove as much water as possible.
- Cut into 1/4-inch cubes.
- Heat a deep non-stick skillet and add the onion. Cook on medium-high until onion begins to brown.
- Add peas, tomato, ginger, jalapeno pepper, and 2 tablespoons water. Cook, stirring, until peas thaw.
- Add potatoes and tofu to skillet along with 1/2 cup water, salt, curry powder, coriander, cumin, cayenne, and lemon juice. Cover and simmer for about 10 minutes, adding more water if necessary.
- Remove cover and cook until most liquid has evaporated. Check to see if more salt or lemon is needed. Warm tortillas according package directions.
- Place 1/6 of filling in center of wrap, fold bottom edge up, and fold sides over filling.
- Serve with mango chutney, if desired.

Nutrition Facts



PROTEIN 24.58% **FAT 11.2%** **CARBS 64.22%**

Properties

Glycemic Index:47.01, Glycemic Load:11.17, Inflammation Score:-6, Nutrition Score:9.9326086510783%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 129.6kcal (6.48%), Fat: 1.66g (2.56%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 17.41g (6.33%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 438.03mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin C: 31.15mg (37.76%), Potassium: 578.12mg (16.52%), Vitamin B6: 0.33mg (16.26%), Fiber: 4.04g (16.16%), Manganese: 0.31mg (15.33%), Phosphorus: 149.3mg (14.93%), Copper: 0.29mg (14.45%), Vitamin B1: 0.2mg (13.11%), Magnesium: 51.1mg (12.77%), Iron: 2.22mg (12.31%), Vitamin K: 10.03µg (9.55%), Folate: 36.27µg (9.07%), Vitamin B3: 1.66mg (8.29%), Vitamin A: 396.86IU (7.94%), Zinc: 1.03mg (6.87%), Vitamin B2: 0.09mg (5.41%), Calcium: 49.51mg (4.95%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.37mg (2.46%), Selenium: 0.94µg (1.34%)