




 17%
HEALTH SCORE

Japanese Curry Puffs


 Vegetarian  Vegan  Dairy Free

READY IN




45 min.

SERVINGS



4

CALORIES



815 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 3 small carrots
- 2 potatoes chopped
- 1 medium size onion finely chopped
- 0.5 package curry powder such as s & b golden curry (look for this in the asian section of supermarkets or on amazon.com)
- 3 cups water
- 1 tablespoon cooking oil neutral
- 1 package puff pastry

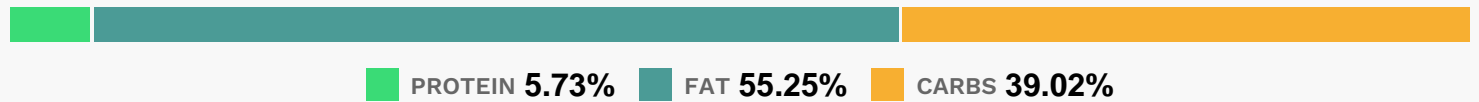
Equipment

- frying pan
- oven
- pot

Directions

- Preheat oven to 350 degrees.
- In a pot over medium/high heat, add oil and onions. Cook for 2 minutes.
- Add potatoes and carrots, cook for 5 minutes.
- Add water and bring to the boil. Lower heat and simmer for 15 minutes.
- Add curry mix and cook for another 10 minutes.
- On a sheet pan, cut puff pastry into squares (1 sheet should give you 4 squares) and with a spoon, fill the middle of 1/2 of the squares you have.
- Bake for 20 minutes or until the crust is a golden brown and serve!

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:45.29, Inflammation Score:-10, Nutrition Score:23.158695652174%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 814.7kcal (40.74%), Fat: 50.4g (77.54%), Saturated Fat: 12.12g (75.78%), Carbohydrates: 80.09g (26.7%), Net Carbohydrates: 74.35g (27.04%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 347.33mg (15.1%), Protein: 11.76g (23.52%), Vitamin A: 6269.89IU (125.4%), Selenium: 30.16µg (43.09%), Manganese: 0.86mg (42.76%), Vitamin B1: 0.61mg (40.7%), Vitamin B3: 6.63mg (33.17%), Folate: 125.13µg (31.28%), Vitamin C: 25.24mg

(30.6%), Vitamin K: 29.43µg (28.02%), Vitamin B2: 0.41mg (24.13%), Iron: 4.17mg (23.19%), Fiber: 5.74g (22.96%), Vitamin B6: 0.43mg (21.3%), Potassium: 685.17mg (19.58%), Copper: 0.31mg (15.58%), Phosphorus: 155.74mg (15.57%), Magnesium: 53.44mg (13.36%), Vitamin E: 1.57mg (10.43%), Zinc: 1.12mg (7.45%), Calcium: 49.65mg (4.97%), Vitamin B5: 0.45mg (4.51%)