



Low Fat Samosas

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings to garnish cilantro/coriander leaves
- ☐ 1 teaspoon coriander powder
- ☐ 0.5 teaspoon cumin seed
- ☐ 24 servings fillo shells mini as needed
- ☐ 24 servings little lemon juice
- ☐ 2 teaspoons oil
- ☐ 1 onion finely chopped
- ☐ 1 Handful peas fresh green frozen (OR)

- ☐ 24 servings any potato curry as needed
- ☐ 3 potatoes
- ☐ 24 servings chili powder red as needed
- ☐ 24 servings salt as needed
- ☐ 1 inch p turmeric powder

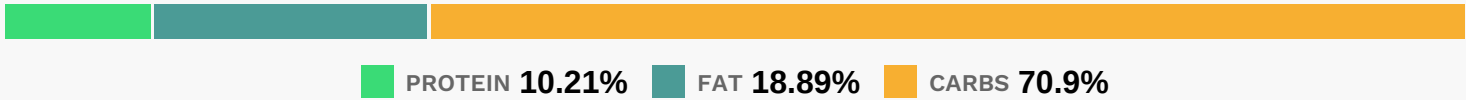
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven for 15 minutes at 350F.
- ☐ Place the fillo shells in a cookie sheet and bake it for 7–8 minutes.Take the shells out of the oven and let it cool for at least 2 minutes. Then spoon in the prepared potato filling in the shells and serve it. Crispy samosas are ready to be eaten.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:4.063478210698%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 41.42kcal (2.07%), Fat: 0.99g (1.52%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 231.27mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 11.58mg (14.04%), Vitamin A: 611.98IU (12.24%), Vitamin B6: 0.14mg (7.24%), Vitamin E: 1.07mg (7.14%), Fiber: 1.78g (7.13%), Manganese: 0.13mg (6.49%), Potassium:

191.23mg (5.46%), Iron: 0.92mg (5.1%), Vitamin K: 4.2µg (4%), Magnesium: 13.48mg (3.37%), Copper: 0.06mg (3.14%), Vitamin B3: 0.57mg (2.86%), Phosphorus: 27.85mg (2.78%), Folate: 10.33µg (2.58%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.03mg (2.01%), Calcium: 17.71mg (1.77%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.72µg (1.03%)