



Potato-Cilantro Tunisian Brik with Harissa

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baking potato peeled chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup harissa
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 teaspoon paprika hot
- ☐ 0.3 teaspoon salt

☐ 16 wonton wrappers

Equipment

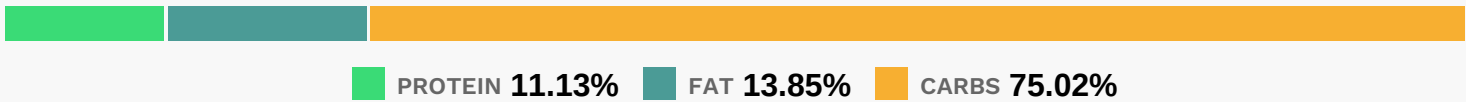
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook potato in boiling water 8 minutes or until tender; drain. Mash with a fork.
- ☐ Combine potato and next 6 ingredients (through pepper). Spoon about 2 teaspoons potato mixture into center of each wonton wrapper. Moisten edges of wrapper with water; bring 2 opposite corners together. Press edges together to seal, forming a triangle.
- ☐ Place brik on a large baking sheet coated with cooking spray. Lightly coat tops of brik with cooking spray.
- ☐ Bake at 375 for 12 minutes or until golden.
- ☐ Serve with Harissa.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:2.78, Inflammation Score:-3, Nutrition Score:3.608695636139%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 85.53kcal (4.28%), Fat: 1.31g (2.02%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.96g (5.44%), Sugar: 2.61g (2.9%), Cholesterol: 1.35mg (0.45%), Sodium: 388.41mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin B1: 0.11mg (7.43%), Manganese: 0.14mg (7.11%), Vitamin B3: 1.3mg (6.5%), Selenium: 4.53µg (6.47%), Vitamin B6: 0.11mg (5.27%), Vitamin C: 4.2mg (5.09%), Iron: 0.85mg (4.74%), Potassium: 165.15mg (4.72%), Vitamin B2: 0.08mg (4.59%), Folate: 18.14µg (4.54%), Fiber:

1.07g (4.28%), Vitamin A: 187.07IU (3.74%), Vitamin E: 0.51mg (3.43%), Copper: 0.07mg (3.37%), Phosphorus: 33.32mg (3.33%), Magnesium: 10.22mg (2.55%), Vitamin K: 2.36µg (2.25%), Calcium: 14.74mg (1.47%), Zinc: 0.2mg (1.36%)