



Quick and Easy Samosas

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons curry powder
- ☐ 12 servings salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 10 ounce peas frozen thawed
- ☐ 16 ounces potatoes refrigerated mashed
- ☐ 15 ounce pie crust dough refrigerated

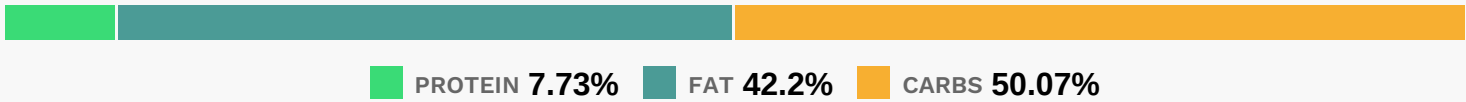
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375 F.
- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the onion and cook, stirring occasionally, until soft and golden brown, about 8 minutes.
- ☐ Add 3/4 teaspoon salt, 1/2 teaspoon pepper, and the curry powder and cook, stirring, for 1 minute.
- ☐ Remove from heat and stir in the potatoes and peas. Unroll the piecrusts and cut each into 6 triangles.
- ☐ Place a heaping tablespoon of the potato mixture in the center of each piece. Gather the corners of the dough and pinch to form a point. Pinch the seams to seal.
- ☐ Transfer to a baking sheet.
- ☐ Bake the samosas until golden, about 25 minutes.
- ☐ Serve with the mango chutney, if desired.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:7.2221738877504%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 224.98kcal (11.25%), Fat: 10.58g (16.27%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 24.93g (9.07%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 342.7mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin C: 17.6mg (21.34%), Manganese: 0.33mg

(16.72%), Fiber: 3.3g (13.21%), Vitamin B1: 0.2mg (13.03%), Folate: 48.34µg (12.08%), Vitamin K: 10.15µg (9.67%), Vitamin B3: 1.87mg (9.34%), Iron: 1.66mg (9.25%), Vitamin B6: 0.18mg (9.15%), Potassium: 268.45mg (7.67%), Phosphorus: 76.11mg (7.61%), Vitamin B2: 0.11mg (6.28%), Magnesium: 23.36mg (5.84%), Copper: 0.11mg (5.74%), Zinc: 0.59mg (3.92%), Selenium: 2.65µg (3.78%), Vitamin A: 184.49IU (3.69%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.42mg (2.82%), Calcium: 20.61mg (2.06%)