



Samosadillas

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mild chiles diced green hot canned drained
- ☐ 0.5 teaspoon chili powder
- ☐ 1 tablespoon curry powder
- ☐ 4 large flour tortillas
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings chutney your favorite
- ☐ 0.5 cup peas green frozen thawed

- ☐ 1.5 cups potatoes diced cooked
- ☐ 2 tablespoons raisins
- ☐ 4 servings salt and pepper black
- ☐ 1 tablespoon soya sauce

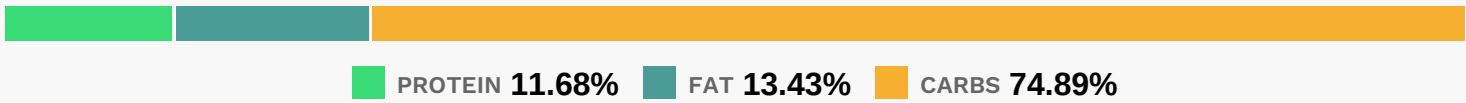
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mash the potatoes in a saucepan.
- ☐ Add the peas, chiles, raisins, soy sauce, curry powder, coriander, cumin, chili powder, and salt and pepper to taste.
- ☐ Mix well and heat over medium heat until hot, stirring as needed, 4 to 5 minutes.
- ☐ Cut the tortillas into quarters. Spoon about 2 tablespoons of the filling in the center of each tortilla piece. Fold one side over the filling and press lightly to flatten. (The filling will hold the tortilla in place.) Set aside. Repeat with the remaining ingredients. Arrange the samosadillas in a nonstick skillet over medium heat. Cook until lightly browned and heated through, turning once, 6 to 8 minutes total.
- ☐ Serve hot with chutney.

Nutrition Facts



Properties

Glycemic Index:61.47, Glycemic Load:18.67, Inflammation Score:-5, Nutrition Score:11.710434685583%

Flavonoids

Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 204.22kcal (10.21%), Fat: 3.14g (4.84%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 33.9g (12.33%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 729.12mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin C: 26.69mg (32.35%), Manganese: 0.48mg (24.09%), Fiber: 5.54g (22.16%), Vitamin B1: 0.28mg (18.83%), Iron: 3.2mg (17.8%), Vitamin B6: 0.34mg (16.89%), Potassium: 539.69mg (15.42%), Folate: 60.71µg (15.18%), Phosphorus: 150.02mg (15%), Vitamin B3: 2.96mg (14.82%), Selenium: 7.94µg (11.35%), Magnesium: 43.49mg (10.87%), Copper: 0.2mg (10.18%), Vitamin B2: 0.17mg (9.83%), Vitamin K: 9.93µg (9.45%), Calcium: 81.44mg (8.14%), Vitamin A: 266.77IU (5.34%), Zinc: 0.78mg (5.23%), Vitamin B5: 0.33mg (3.31%), Vitamin E: 0.47mg (3.1%)