



Samosas

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 carrots diced
- ☐ 1 teaspoons curry powder
- ☐ 0.5 cup lentils dried
- ☐ 9 egg roll wrappers
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 9 ounce mango chutney

- ☐ 1 medium onion diced
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 36 servings vegetable oil

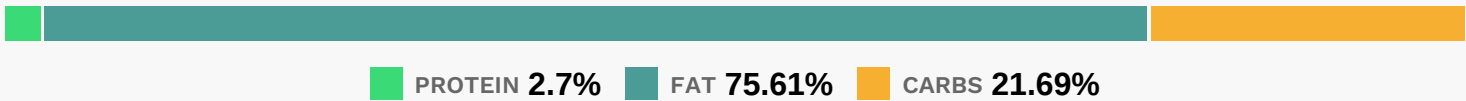
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook lentils according to package directions, adding garlic and next 6 ingredients; drain. Stir in cilantro.
- ☐ Cut each wrapper into 4 squares; spoon about 1 teaspoon lentil mixture on half of each square. Moisten edges with water, and fold in half diagonally, pressing edges with a fork to seal.
- ☐ Pour oil to depth of 1 inch into a large skillet or Dutch oven; heat to 37
- ☐ Fry, 3 at a time, 30 seconds or until golden, turning once, and drain on paper towels.
- ☐ Serve immediately with mango chutney.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:3.493043480117%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 165.74kcal (8.29%), Fat: 14.12g (21.73%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.97g (2.9%), Sugar: 3.79g (4.21%), Cholesterol: 0.29mg (0.1%), Sodium: 56.85mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin K: 26.53µg (25.26%), Vitamin A: 586.94IU (11.74%), Vitamin E: 1.23mg (8.17%), Fiber: 1.14g (4.58%), Folate: 17.7µg (4.42%), Manganese: 0.08mg (3.8%), Vitamin B1: 0.05mg (3.06%), Iron: 0.43mg (2.39%), Selenium: 1.35µg (1.92%), Phosphorus: 18.98mg (1.9%), Vitamin B2: 0.03mg (1.6%), Copper: 0.03mg (1.52%), Vitamin C: 1.24mg (1.5%), Potassium: 52.62mg (1.5%), Vitamin B3: 0.3mg (1.49%), Vitamin B6: 0.03mg (1.46%), Magnesium: 5.37mg (1.34%), Zinc: 0.18mg (1.18%)