



Samosas

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups vegetarian meatless crumbles frozen (such as Morning Star Farms Meal Starters)
- ☐ 0.3 cup peas frozen
- ☐ 0.8 cup potatoes refrigerated country-style mashed (such as Simply Potatoes)
- ☐ 8 ounce crescent rolls refrigerated reduced-fat canned (such as Pillsbury)
- ☐ 4 servings indian spice blend mix

Equipment

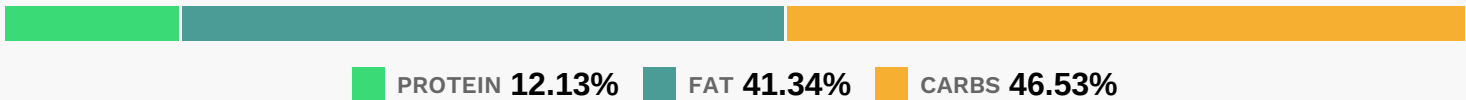
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a medium microwave–safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 2 minutes or until thoroughly heated.
- ☐ While filling heats, unroll dough on work surface. Press diagonal perforations together.
- ☐ Cut dough along remaining perforated lines to create 4 (6 1/2 x 3 1/2–inch) rectangles. Spoon filling evenly on half of each rectangle. Fold dough over filling, pressing with a fork to seal. Coat a baking sheet with cooking spray, and place samosas on pan; coat samosas with cooking spray.
- ☐ Bake at 375 for 12 minutes.
- ☐ Serve with Greek yogurt, if desired.

Nutrition Facts



Properties

Glycemic Index:33.27, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:9.7330435695856%

Flavonoids

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 284.3kcal (14.21%), Fat: 13.64g (20.99%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 31.12g (11.31%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 579.75mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Vitamin B12: 2.56µg (42.58%), Vitamin B1: 0.44mg (29.6%), Vitamin B3: 4.28mg (21.42%), Vitamin B6: 0.39mg (19.66%), Iron: 3.17mg (17.6%), Vitamin C: 12.61mg (15.29%), Fiber: 3.43g (13.71%), Phosphorus: 98.85mg (9.88%), Vitamin K: 9.96µg (9.49%), Manganese: 0.16mg (7.98%), Potassium: 266.03mg (7.6%), Vitamin B2: 0.09mg (5.43%), Zinc: 0.63mg (4.2%), Folate: 16.52µg (4.13%),

Magnesium: 15.74mg (3.94%), Copper: 0.07mg (3.51%), Calcium: 23.72mg (2.37%), Vitamin A: 110.24IU (2.2%),
Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.2mg (1.35%)