



## Samosas



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1.5 teaspoons curry powder
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 teaspoon mustard seeds
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup peas green frozen thawed

- ☐ 4 sheets phyllo dough
- ☐ 1 pound yukon gold potatoes    diced cooked peeled

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove

## Directions

- ☐ Preheat oven to 400 F.
- ☐ Heat 1/2 tablespoon of the oil in a large nonstick skillet over medium heat, then add the cumin and mustard seeds. Cook for 1 minute or until the seeds begin to brown. Stir in the onion and saut 3 to 4 minutes or until tender. Stir in the ginger, curry powder, and 1/2 teaspoon of the salt and cook about 45 seconds.
- ☐ Add the potatoes and mash lightly with a fork. Stir in the peas and the remaining salt and cook until the mixture is warmed through, 3 to 4 minutes.
- ☐ Remove from stove and cool slightly.
- ☐ Place 1 sheet of phyllo dough on a flat surface and brush with some of the remaining oil. Top with another sheet of phyllo and brush again with the oil.
- ☐ Cut the dough into 6 squares.
- ☐ Place 3 generous tablespoons of the potato mixture into the center of each square and flatten slightly with your fingers. Fold the dough over the potatoes as if you are wrapping a package; brush them with more oil and lay them seam-side down on a nonstick baking sheet. Repeat with the 5 remaining dough squares. Take another 2 sheets of phyllo and repeat the process to form 6 more packages.
- ☐ Bake for 10 to 12 minutes or until lightly browned.
- ☐ Serve immediately.

## Nutrition Facts



 PROTEIN 8.5%  FAT 32.53%  CARBS 58.97%

Properties

Glycemic Index:54.52, Glycemic Load:19.29, Inflammation Score:-5, Nutrition Score:10.969130422758%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 233.22kcal (11.66%), Fat: 8.56g (13.17%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 30.39g (11.05%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 682.52mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin C: 31.2mg (37.82%), Manganese: 0.41mg (20.56%), Vitamin B6: 0.41mg (20.29%), Fiber: 4.53g (18.13%), Vitamin B1: 0.26mg (17.06%), Potassium: 583.47mg (16.67%), Folate: 51.96µg (12.99%), Vitamin K: 12.97µg (12.35%), Iron: 2.21mg (12.3%), Vitamin B3: 2.42mg (12.1%), Phosphorus: 109.76mg (10.98%), Magnesium: 40.55mg (10.14%), Vitamin E: 1.46mg (9.75%), Copper: 0.19mg (9.59%), Selenium: 5.73µg (8.18%), Vitamin B2: 0.13mg (7.88%), Zinc: 0.74mg (4.91%), Vitamin B5: 0.44mg (4.39%), Calcium: 31.64mg (3.16%), Vitamin A: 151.95IU (3.04%)