



Southwestern Wonton Samosas with Chili-Spiced Yogurt Dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 cup olives black
- ☐ 1 teaspoon pepper black
- ☐ 0.3 envelope dairy-free chili mix
- ☐ 2 cups rice cooked
- ☐ 0.5 tub so delicious dairy free cultured coconut milk unsweetened (Yogurt)
- ☐ 1 cup bell pepper diced green
- ☐ 1 lb ground beef lean

- ☐ 1 package wonton skins
- ☐ 12 servings unrefined sunflower oil

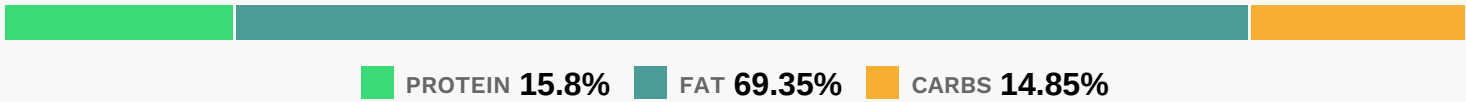
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients together.On a square add 1 teaspoon filling. Moisten sides of square with a dab of water and pinch sides to form a triangle.These can be fried in 1 inch of sunflower oil or brushed lightly with oil and baked at 350°F for 15–20min.
- ☐ Mix together and scrape into a bowl.

Nutrition Facts



Properties

Glycemic Index:16.62, Glycemic Load:8.03, Inflammation Score:-2, Nutrition Score:7.4386956173441%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 229.52kcal (11.48%), Fat: 17.74g (27.29%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.81g (2.84%), Sugar: 0.38g (0.42%), Cholesterol: 23.51mg (7.84%), Sodium: 202.68mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Vitamin E: 6.35mg (42.34%), Vitamin B12: 0.85µg (14.12%), Zinc: 2.08mg (13.84%), Selenium: 8.66µg (12.38%), Vitamin C: 9.99mg (12.11%), Vitamin B3: 2.27mg (11.37%), Vitamin B6: 0.2mg (10.25%), Phosphorus: 89.43mg (8.94%), Manganese: 0.16mg (8.24%), Iron: 1.07mg (5.95%), Potassium: 169.21mg (4.83%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.36mg (3.63%), Magnesium: 14.28mg (3.57%), Copper: 0.07mg (3.57%), Fiber: 0.74g (2.95%), Vitamin K: 2.24µg (2.13%), Vitamin B1: 0.03mg (2.03%), Vitamin A: 101.53IU (2.03%), Calcium: 14mg (1.4%), Folate: 4.31µg (1.08%)