



Spiced Potato-stuffed Pastries: Samosas

READY IN



60 min.

SERVINGS



18

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter cut in small pieces ()
- ☐ 0.5 habenero chile minced
- ☐ 1 teaspoon chile powder red
- ☐ 2 tablespoons coriander leaves fresh chopped
- ☐ 1.5 teaspoons ginger fresh finely chopped
- ☐ 1 cup peas mixed fresh
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 18 servings chutney for serving

- ☐ 1 medium onion chopped
- ☐ 1.5 pounds potatoes peeled cut into chunks
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 2.3 cups self-rising flour
- ☐ 0.5 teaspoon garam masala spice blend
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil
- ☐ 18 servings vegetable oil for frying
- ☐ 9 tablespoons water

Equipment

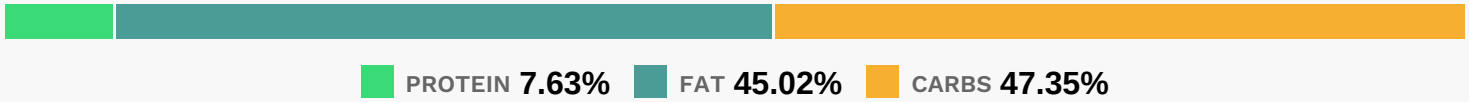
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Mix the salt and flour in a medium bowl or a food processor. With a pastry blender, incorporate the butter until crumbs have formed.
- ☐ Add the water a few tablespoons at a time, until you can form a ball. Knead the dough for about 5 minutes.
- ☐ Let it rest for about 15 minutes more. You can prepare the dough in advance and refrigerate it.
- ☐ To make the filling: Boil the potatoes until tender.
- ☐ Drain and set aside.
- ☐ If using fresh carrots, chop and simmer in water, to cover, in a small pot.

- ☐ Add the corn and peas to barely cook. Set aside to cool.
- ☐ Heat the oil in a pan and fry the onion until golden.
- ☐ Add the garlic, ginger, and chile and cook for 2 minutes.
- ☐ Add the garam masala, turmeric, chile powder, and salt and cook 2 minutes more.
- ☐ In a bowl combine the mashed potatoes, the onion and spice mixture, carrots, peas, corn, lemon juice, and chopped coriander.
- ☐ Mix well.
- ☐ To assemble the samosas: Divide the dough into 9 equal size balls. On a floured surface, roll each ball into a 5-inch circle.
- ☐ Cut each circle in half.
- ☐ Brush the straightedge side with a little water, fold it in half, and align the two straight sides so they overlap to form a cone shape. Squeeze the edges together to make a tight seal.
- ☐ Place approximately 1 generous tablespoon of filling inside each cone, leaving the top edge clean. Moisten the inside top rim of the cone and press the edges together to make another tight seal.
- ☐ Place the samosas on a tray until ready to fry. Repeat with the remaining dough and filling.
- ☐ Heat approximately 3 inches of vegetable oil in a deep saucepan. Fry several samosas at a time, being careful not to crowd them. When 1 side turns golden brown, flip it over to brown on the other side.
- ☐ Drain on paper towels.
- ☐ Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:22.45, Glycemic Load:12.68, Inflammation Score:-6, Nutrition Score:5.1986956233564%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 168.88kcal (8.44%), Fat: 8.52g (13.11%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 18.26g (6.64%), Sugar: 1.17g (1.3%), Cholesterol: 10.03mg (3.34%), Sodium: 341.66mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 13.47mg (16.33%), Manganese: 0.24mg (12.11%), Vitamin K: 12.33µg (11.75%), Selenium: 6.6µg (9.43%), Fiber: 1.91g (7.63%), Vitamin B6: 0.15mg (7.61%), Potassium: 216.29mg (6.18%), Vitamin A: 253.17IU (5.06%), Phosphorus: 49.92mg (4.99%), Folate: 18.62µg (4.66%), Vitamin B1: 0.07mg (4.62%), Copper: 0.09mg (4.61%), Magnesium: 17.15mg (4.29%), Vitamin E: 0.62mg (4.13%), Vitamin B3: 0.77mg (3.87%), Iron: 0.68mg (3.79%), Zinc: 0.38mg (2.5%), Vitamin B2: 0.04mg (2.28%), Vitamin B5: 0.21mg (2.09%), Calcium: 15.06mg (1.51%)