



Spicy Chickpea Samosas with Raita

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown mustard seeds
- ☐ 2 tablespoons butter melted
- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1.5 tablespoons canola oil
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.8 cup cucumber peeled seeded chopped

- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.8 cup nonfat greek yogurt plain
- ☐ 1 cup peas green frozen thawed
- ☐ 24 sheets dough frozen thawed ()
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon water

Equipment

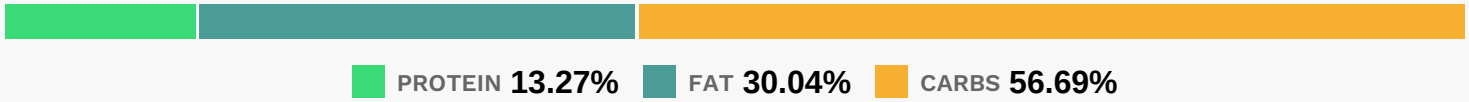
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To make samosas, heat oil in a skillet over medium heat.
- ☐ Add carrot; cook 3 minutes, stirring frequently.
- ☐ Add 1/2 cup onions, ginger, and garlic; cook 1 minute, stirring constantly.

- ☐ Add tomato paste and next 5 ingredients (through black pepper); cook 1 minute, stirring constantly.
- ☐ Add peas, water, and chickpeas; cook 1 minute.
- ☐ Remove from heat; stir in cilantro and juice. Cool.
- ☐ Preheat oven to 40
- ☐ Place 1 phyllo sheet on a large work surface (cover remaining dough to keep from drying); coat with cooking spray.
- ☐ Place another phyllo sheet on coated phyllo; coat with cooking spray. Fold layered sheets in half lengthwise. Spoon 2 tablespoons filling onto bottom end of rectangle, leaving a 1-inch border. Fold bottom corner over mixture, forming a triangle; keep folding back and forth into a triangle to end of phyllo strip. Tuck edges under; place seam side down on a baking sheet coated with cooking spray.
- ☐ Brush with melted butter. Repeat procedure with remaining 22 phyllo sheets, cooking spray, filling, and butter.
- ☐ Bake at 400 for 10 minutes or until crisp and golden.
- ☐ To make raita, combine yogurt and remaining ingredients.
- ☐ Serve with samosas.

Nutrition Facts



Properties

Glycemic Index:46.54, Glycemic Load:9.55, Inflammation Score:-7, Nutrition Score:10.35869561071%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 6.85g (10.54%), Saturated Fat: 2g (12.49%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.59g (9.31%), Sugar: 1.91g (2.12%), Cholesterol: 5.64mg (1.88%), Sodium: 512.36mg (22.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Manganese: 0.58mg (29.19%), Vitamin A: 1196.44IU (23.93%), Vitamin K: 19.95µg (19%), Vitamin B1: 0.27mg (17.76%), Selenium: 11.31µg (16.15%), Folate: 57.86µg (14.46%), Fiber: 3.49g (13.96%), Iron: 2.23mg (12.4%), Vitamin B6: 0.24mg (11.99%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.04mg (10.19%), Phosphorus: 97.77mg (9.78%), Vitamin C: 8.04mg (9.74%), Copper: 0.14mg (7.2%), Magnesium: 26.18mg (6.54%), Potassium: 203.44mg (5.81%), Zinc: 0.74mg (4.92%), Calcium: 46.41mg (4.64%), Vitamin E: 0.58mg (3.86%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.09µg (1.52%)