



HEALTH SCORE

100%

Spinach samosas with Indian salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 600 g spinach frozen drained chopped
- ☐ 4 spring onion trimmed sliced
- ☐ 100 g cherry tomatoes quartered
- ☐ 1 tbsp garam masala
- ☐ 6 sheets dough
- ☐ 2 tbsp olive oil
- ☐ 100 g cherry tomatoes
- ☐ 4 spring onion sliced

- ☐ 1 carrots
- ☐ 1 tsp mustard seeds
- ☐ 1 to 2 chillies slit green sliced
- ☐ 0.5 juice of lime

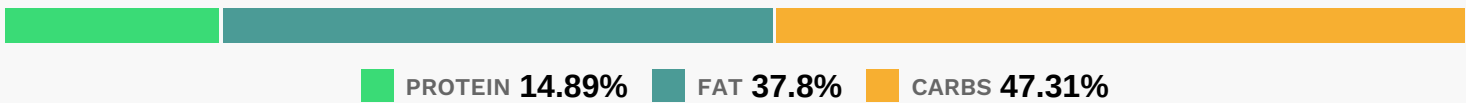
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a large bowl, mix the spinach, spring onions, cherry tomatoes and garam masala with a grinding of pepper.
- ☐ Lay out a sheet of filo and cut it lengthways into 3 long strips.
- ☐ Brush roughly with the oil dont worry about covering the whole sheet. Spoon tablespoons of mix onto the top of each strip and fold each over into a triangle. Keep folding until each strip of filo is used up.
- ☐ Brush with any remaining oil, then bake for 20 mins until golden and crisp.To make the salad, toss all the ingredients together and serve alongside.

Nutrition Facts



Properties

Glycemic Index:37.21, Glycemic Load:6.34, Inflammation Score:-10, Nutrition Score:29.624782292739%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 224.84kcal (11.24%), Fat: 10.04g (15.44%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 21.3g (7.75%), Sugar: 4.03g (4.47%), Cholesterol: 0mg (0%), Sodium: 307.08mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin K: 616.07µg (586.73%), Vitamin A: 20622.47IU (412.45%), Folate: 268.52µg (67.13%), Manganese: 1.32mg (65.86%), Vitamin E: 5.93mg (39.51%), Vitamin C: 27.57mg (33.42%), Magnesium: 130.05mg (32.51%), Vitamin B2: 0.47mg (27.89%), Fiber: 6.96g (27.86%), Iron: 4.58mg (25.44%), Selenium: 17.09µg (24.42%), Vitamin B1: 0.34mg (22.76%), Calcium: 226.37mg (22.64%), Potassium: 772.28mg (22.07%), Vitamin B6: 0.35mg (17.26%), Copper: 0.31mg (15.67%), Phosphorus: 127.76mg (12.78%), Vitamin B3: 2.49mg (12.46%), Zinc: 1.21mg (8.09%), Vitamin B5: 0.36mg (3.6%)