



## Vegetable Samosas

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

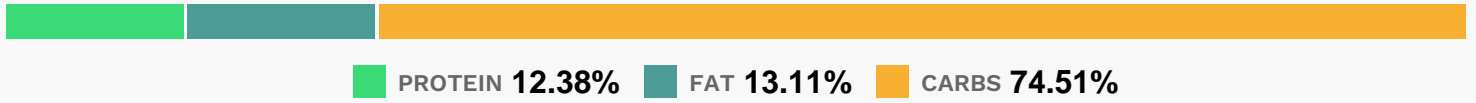
APPETIZER

## Ingredients

- 0.8 cup peas and carrots canned drained
- 24 servings flour for baking sheet
- 4 medium potatoes peeled cut into 1/2-inch cubes
- 1 cup thai fish sauce red
- 2 tablespoons vegetable oil
- 12 large wonton wrappers
- 12 large wonton wrappers
- 0.5 cup onion yellow chopped

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:7.74, Glycemic Load:8.75, Inflammation Score:-5, Nutrition Score:5.0586956521739%

### Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

### Nutrients (% of daily need)

Calories: 94.22kcal (4.71%), Fat: 1.38g (2.12%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.27g (5.92%), Sugar: 0.79g (0.88%), Cholesterol: 0.68mg (0.22%), Sodium: 824.87mg (35.86%), Protein: 2.93g (5.85%), Manganese: 0.21mg (10.43%), Vitamin C: 7.81mg (9.47%), Vitamin A: 462.78IU (9.26%), Vitamin B1: 0.13mg (8.99%), Folate: 32.85µg (8.21%), Selenium: 5.73µg (8.19%), Vitamin B6: 0.16mg (7.98%), Vitamin B3: 1.5mg (7.49%), Magnesium: 29.68mg (7.42%), Potassium: 204.31mg (5.84%), Iron: 1.02mg (5.66%), Fiber: 1.33g (5.34%), Vitamin B2: 0.09mg (5.14%), Phosphorus: 39.72mg (3.97%), Copper: 0.07mg (3.73%), Vitamin K: 2.79µg (2.66%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.65%), Calcium: 15.67mg (1.57%)