

# Low-Carb Indian Vegetable Samosas

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-vegetable-samosas>

## Ingredients:

- 1 tablespoon butter preferably grass-fed
- 6 ounces cauliflower finely chopped
- 1 onion medium, about 4 ounces
- 3/4 teaspoon salt or to taste
- 1 tablespoon fresh ginger root minced
- 1/2 teaspoon coriander ground
- 1 teaspoon Garam Masala ground
- 1 teaspoon cumin ground
- 1/4 teaspoon cumin seeds whole
- 1/4 teaspoon red chili flakes
- 1/4 cup fresh cilantro chopped
- 3/4 cup almond flour super fine
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- 8 ounces part skim mozzarella cheese finely shredded

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 45 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 1130 milligrams
9. Sugar: 3 grams

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