

Vegetable samosa(south Indian style samsa)

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-samosa-recipe-south-indian>

Ingredients:

- 1 1/4 cups all purpose flour
- 2 tablespoons oil
- salt
- water
- 2 large potatoes boiled and mashed well
- 1 carrot grated
- 1/4 green bell pepper chopped fine
- 1 onion large, sliced thin
- 2 green chillies
- 1 teaspoon chilli powder
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- salt
- oil

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 23 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 140 milligrams
7. Sugar: 2 grams

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