

Apple Sauce Empanadas



Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 6 tablespoons butter chilled cut into 1/2-inch cubes
- ☐ 6 servings cinnamon sugar for sprinkling
- ☐ 6 ounces cream cheese chilled cut into 1/2-inch cubes
- ☐ 1 eggs
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the flour, sugar and salt to a food processor and pulse to mix.
- ☐ Add the butter and process until the mixture resembles wet sand.
- ☐ Add the cream cheese and pulse until the dough comes together in large clumps.
- ☐ Place the dough on a floured surface and gently knead two or three times, just enough to incorporate the cream cheese. Form the dough into an oval disk, place in a plastic bag and chill, 15 to 30 minutes.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Roll the dough into a rectangle, about 15-by-10-inches.
- ☐ Cut the dough with a sharp knife into 6 squares, about 5-inches each.
- ☐ Beat 1 teaspoon water and the egg in a small bowl, to make an egg wash.
- ☐ Fill each dough square with about 2 teaspoons applesauce. Use your fingertips to moisten the dough edges with a little water. Fold the dough over to create a triangle. Use your fingers to press the dough gently together, then crimp the seal with a fork.
- ☐ Brush the tops of the triangles with the egg wash.
- ☐ Sprinkle the egg washed-tops with the cinnamon sugar.
- ☐ Place the triangles on a baking sheet lined with parchment and bake until the triangles are golden brown, about 15 minutes.
- ☐ Be careful, the filling will be hot, so cool the empanadas about 15 minutes before eating.

Nutrition Facts



PROTEIN 5.73% **FAT 57.35%** **CARBS 36.92%**

Properties

Glycemic Index:48.7, Glycemic Load:21.24, Inflammation Score:-5, Nutrition Score:5.5239130618132%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 341.53kcal (17.08%), Fat: 22.06g (33.94%), Saturated Fat: 13.19g (82.41%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 31.28g (11.37%), Sugar: 15.42g (17.13%), Cholesterol: 86.01mg (28.67%), Sodium: 287.1mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Selenium: 12µg (17.15%), Vitamin A: 773.14IU (15.46%), Vitamin B2: 0.21mg (12.47%), Vitamin B1: 0.18mg (11.76%), Folate: 44.85µg (11.21%), Manganese: 0.15mg (7.53%), Phosphorus: 71.22mg (7.12%), Iron: 1.16mg (6.44%), Vitamin B3: 1.28mg (6.38%), Vitamin E: 0.67mg (4.5%), Calcium: 38.69mg (3.87%), Vitamin B5: 0.38mg (3.85%), Fiber: 0.67g (2.7%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.15µg (2.52%), Potassium: 81mg (2.31%), Copper: 0.04mg (2.21%), Magnesium: 8.6mg (2.15%), Vitamin B6: 0.04mg (2.03%), Vitamin K: 1.71µg (1.63%)