



Banana-Black Bean Empañadas

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 1 medium size banana diced firm
- ☐ 15 ounce black beans drained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 cup coarsely monterey jack cheese packed grated ()
- ☐ 0.8 cup onion chopped

- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oil in heavy medium skillet over high heat.
- ☐ Add banana and sauté until golden, about 1 1/2 minutes. Using slotted spoon, transfer banana to paper towels to drain.
- ☐ Add onion to skillet; sauté 3 minutes.
- ☐ Add beans, cilantro, cumin, and cayenne; cook until mixture is hot, about 3 minutes. Using back of fork, mash bean filling to coarse paste; season with salt and cool.
- ☐ Preheat oven to 425°F.
- ☐ Roll out each puff pastry sheet on floured surface to 14-inch square.
- ☐ Cut each into 9 squares.
- ☐ Place 1 heaping tablespoon filling in center of 12 squares (reserve remaining squares for another use).
- ☐ Sprinkle each mound of filling with cheese, then top with bananas, dividing equally.
- ☐ Brush edges of squares with glaze. Fold 1 corner over filling to opposite corner, forming triangle. Using fork, seal crust edges. Arrange on rimmed baking sheet; brush with glaze.
- ☐ Bake empanadas until golden brown, about 15 minutes.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 9.74%**  **FAT 57.15%**  **CARBS 33.11%**

Properties

Glycemic Index:19.48, Glycemic Load:11.3, Inflammation Score:-4, Nutrition Score:8.2226087062255%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 331.28kcal (16.56%), Fat: 21.22g (32.65%), Saturated Fat: 6.25g (39.03%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 24.14g (8.78%), Sugar: 2g (2.22%), Cholesterol: 22.02mg (7.34%), Sodium: 300.43mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Selenium: 13µg (18.58%), Manganese: 0.33mg (16.5%), Folate: 61.04µg (15.26%), Vitamin B1: 0.22mg (14.93%), Fiber: 3.52g (14.07%), Vitamin B2: 0.22mg (13.11%), Phosphorus: 117.83mg (11.78%), Vitamin K: 12.16µg (11.58%), Iron: 1.99mg (11.06%), Vitamin B3: 2.02mg (10.12%), Calcium: 93.03mg (9.3%), Copper: 0.13mg (6.69%), Magnesium: 26.19mg (6.55%), Potassium: 201.38mg (5.75%), Zinc: 0.78mg (5.19%), Vitamin B6: 0.09mg (4.59%), Vitamin E: 0.51mg (3.37%), Vitamin C: 2.68mg (3.25%), Vitamin A: 141.95IU (2.84%), Vitamin B5: 0.19mg (1.88%), Vitamin B12: 0.11µg (1.85%)