



Basic Empanadas

READY IN



120 min.

SERVINGS



8

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds ground pork
- 2 medium onion diced finely
- 2 jalapeno (seeds removed for less heat, if desired) minced
- 0.5 teaspoon chili powder
- 29 ounces tomatoes diced canned
- 1 serving coarse mustard
- 1 cup cilantro leaves fresh chopped
- 4 cups flour for dusting all-purpose plus more
- 2 teaspoons double-acting baking powder

- 2 teaspoons salt
- 0.5 cup butter cold cut into small pieces (1 stick)
- 1 cup water cold
- 1 large water with 1 tablespoon water (do not beat until ready to bake) lightly beaten

Equipment

Directions

- Cooked white rice and black beans
- Buttered corn on the cob
- Fried sweet plantains
- Creamy cabbage coleslaw

Nutrition Facts



■ **PROTEIN 16.44%**
■ **FAT 49.95%**
■ **CARBS 33.61%**

Properties

Glycemic Index:42.5, Glycemic Load:35.38, Inflammation Score:-7, Nutrition Score:24.987826140031%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg,
 Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
 Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:
 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.33mg, Quercetin: 7.33mg,
 Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 658.67kcal (32.93%), Fat: 36.37g (55.96%), Saturated Fat: 16.35g (102.2%), Carbohydrates: 55.05g
 (18.35%), Net Carbohydrates: 51.65g (18.78%), Sugar: 3.97g (4.41%), Cholesterol: 112.15mg (37.38%), Sodium:
 1002.96mg (43.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Vitamin B1: 1.38mg
 (92.3%), Selenium: 49.74µg (71.06%), Vitamin B3: 9.46mg (47.32%), Vitamin B2: 0.65mg (38.31%), Folate: 136.18µg
 (34.05%), Phosphorus: 321.68mg (32.17%), Vitamin B6: 0.63mg (31.5%), Iron: 5.15mg (28.59%), Manganese: 0.57mg
 (28.52%), Zinc: 3.16mg (21.1%), Vitamin C: 17.08mg (20.7%), Potassium: 651.88mg (18.63%), Vitamin A: 693.47IU
 (13.87%), Fiber: 3.41g (13.64%), Vitamin B12: 0.82µg (13.63%), Calcium: 129.49mg (12.95%), Magnesium: 51.77mg
 (12.94%), Vitamin B5: 1.23mg (12.27%), Copper: 0.24mg (11.81%), Vitamin K: 11.26µg (10.72%), Vitamin E: 1.3mg

(8.64%)