



## Beef Carnitas Empanada

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 cups beef carnitas
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1 teaspoon cider vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 9 ounces flour all-purpose
- ☐ 1 cup bell pepper green sliced
- ☐ 2 cups onion vertically sliced
- ☐ 0.3 teaspoon saffron threads crushed

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup tomatoes seeded chopped
- ☐ 9 tablespoons water hot

## Equipment

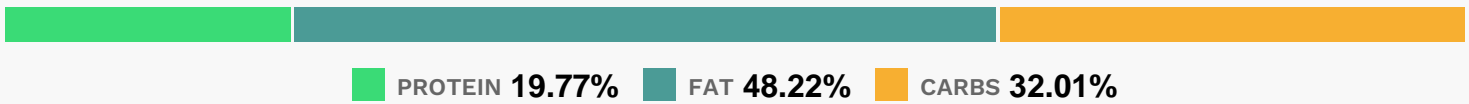
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ measuring cup

## Directions

- ☐ To prepare filling, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and bell pepper; saut 5 minutes or until onion begins to brown. Stir in tomato, red pepper, and 1/4 teaspoon salt; saut 2 minutes. Stir in Beef Carnitas; cook for 2 minutes, stirring frequently.
- ☐ Remove from heat; cool to room temperature.
- ☐ Preheat oven to 40
- ☐ To prepare dough, combine 9 tablespoons water and saffron; cool to room temperature. Stir in vinegar. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, baking powder, sugar, and salt in a food processor; pulse 2 times to combine.
- ☐ Add butter; process until mixture resembles coarse meal. With processor on, slowly pour saffron mixture through food chute; process just until dough begins to form a ball (dough will be crumbly).

- ☐ Divide dough into 2 equal portions. Working with one dough portion at a time, press dough into a 4-inch circle on heavy-duty plastic wrap. Cover with additional plastic wrap.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap 1 dough portion; place on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle. Repeat procedure with remaining dough.
- ☐ Place both portions in freezer for 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove plastic wrap from 1 dough portion; place dough, plastic wrap side up, on a large baking sheet coated with cooking spray.
- ☐ Remove top sheets of plastic wrap. Spoon filling onto dough, leaving a 1-inch border.
- ☐ Remove top sheets of plastic wrap from remaining dough.
- ☐ Place dough, plastic wrap side up, over filling.
- ☐ Remove top sheets of plastic wrap. Pinch edges together to seal.
- ☐ Cut several slits in top of dough to allow steam to escape.
- ☐ Bake at 400 for 30 minutes or until crust is crisp and beginning to brown.
- ☐ Cut into 8 wedges.

## Nutrition Facts



## Properties

Glycemic Index:59.01, Glycemic Load:18.98, Inflammation Score:-6, Nutrition Score:14.780434735443%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

## Nutrients (% of daily need)

Calories: 380.12kcal (19.01%), Fat: 20.14g (30.99%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 27.99g (10.18%), Sugar: 2.98g (3.31%), Cholesterol: 67.43mg (22.48%), Sodium:

355.68mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Selenium: 23.72µg (33.89%), Vitamin B12: 1.81µg (30.19%), Vitamin B3: 5.7mg (28.52%), Zinc: 3.88mg (25.88%), Vitamin C: 20.49mg (24.84%), Vitamin B1: 0.32mg (21.53%), Phosphorus: 199.59mg (19.96%), Vitamin B6: 0.39mg (19.63%), Folate: 76.65µg (19.16%), Iron: 3.38mg (18.8%), Vitamin B2: 0.3mg (17.87%), Manganese: 0.33mg (16.28%), Potassium: 399.79mg (11.42%), Fiber: 2.1g (8.42%), Magnesium: 29.78mg (7.45%), Copper: 0.14mg (6.99%), Vitamin A: 330.87IU (6.62%), Vitamin B5: 0.65mg (6.52%), Calcium: 64.01mg (6.4%), Vitamin K: 4.94µg (4.7%), Vitamin E: 0.65mg (4.32%)