



Beef Empanadas

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



30

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 2 tablespoons butter
- 0.8 pound ground beef
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 30 servings sweet potato pastry
- 3 medium tomatoes peeled chopped

30 servings vegetable oil

Equipment

- frying pan
- baking sheet
- paper towels
- sieve
- plastic wrap

Directions

- Press tomatoes through a sieve. Set tomato pure aside.
- Saut onion in butter in a heavy skillet over low heat until tender.
- Add meat, salt, pepper, and bay leaf; cook over medium heat until meat is browned, stirring to crumble.
- Drain off pan drippings.
- Add tomato pure to meat mixture; cook, uncovered, over low heat 35 minutes,
- Remove from heat, and discard bay leaf.
- Roll pastry to 1/8-inch thickness on a sheet of plastic wrap; cut with a 3 1/2-inch biscuit cutter.
- Place 1 teaspoon meat mixture in center of each circle. Moisten edges of pastry with water. Fold pastry in half. Press edges together with fork tines to seal.
- Place turnovers on a baking sheet; cover and refrigerate 2 hours.
- Heat 1 1/2 inches of oil to 375 in a large skillet. Cook several turnovers at a time 4 minutes or until golden brown.
- Drain turnovers on paper towels.
- Serve hot.

Nutrition Facts

  
 PROTEIN 5.1%  FAT 92.61%  CARBS 2.29%

Properties

Glycemic Index:5.17, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:3.0952174164679%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 163.47kcal (8.17%), Fat: 17.05g (26.23%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.48g (0.53%), Cholesterol: 8.05mg (2.68%), Sodium: 95.19mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 26.98µg (25.69%), Vitamin E: 1.29mg (8.6%), Vitamin A: 278.07IU (5.56%), Vitamin B12: 0.24µg (4.06%), Zinc: 0.5mg (3.35%), Vitamin B3: 0.56mg (2.81%), Vitamin B6: 0.05mg (2.6%), Selenium: 1.72µg (2.46%), Vitamin C: 1.91mg (2.31%), Phosphorus: 22.36mg (2.24%), Potassium: 67.68mg (1.93%), Iron: 0.27mg (1.51%), Vitamin B2: 0.02mg (1.23%), Manganese: 0.02mg (1.19%)