



## Beef EmpaÑadas



Dairy Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



552 kcal

SIDE DISH

### Ingredients

- ☐ 14 ounce canned tomatoes whole drained chopped canned
- ☐ 1 package empanada pastry disks frozen thawed
- ☐ 1 garlic clove finely chopped
- ☐ 0.8 pound ground beef chuck
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 large hardboiled eggs
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion finely chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 tablespoons pimienta-stuffed olives chopped
- ☐ 2 tablespoons raisins
- ☐ 4 cups vegetable oil

## Equipment

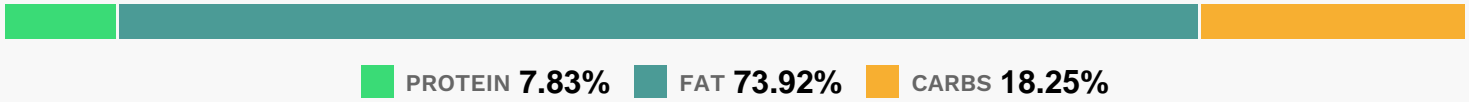
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Cut each egg crosswise into 10 thin slices.
- ☐ Cook onion in olive oil in a heavy medium skillet over medium heat, stirring frequently, until softened.
- ☐ Add garlic, cumin, and oregano and cook, stirring, 1 minute. Stir in beef and cook, breaking up lumps with a fork, until no longer pink, about 4 minutes.
- ☐ Add raisins, olives, 1/2 teaspoon salt, 1/4 teaspoon pepper, and tomatoes with reserved juice, then cook, stirring occasionally, until liquid is reduced but mixture is still moist, about 5 minutes.
- ☐ Spread on a plate to cool.
- ☐ Preheat oven to 200°F with rack in middle.
- ☐ Lay a large sheet of plastic wrap on a dampened work surface (to help keep plastic in place), then roll out an empanada disk on plastic wrap to measure about 6 inches.
- ☐ Place 3 tablespoons meat mixture on disk and top with 2 slices of egg. Moisten edges of disk with water and fold over to form a semicircle, then crimp with a fork. Make more empanadas in same manner.
- ☐ Heat 3/4 inch vegetable oil in a deep 12-inch skillet over medium heat until it registers 360°F on thermometer. Fry empanadas, 2 or 3 at a time, turning once, until crisp and golden, 4 to 6

- minutes per batch.
- ☐ Transfer to a shallow baking pan and keep warm in oven. Return oil to 360°F between batches.
- ☐ Cooks' note
- ☐ Empanadas can be brushed with oil and baked on an oiled baking sheet in a 425°F oven until golden, about 10 minutes. (They will not be as crisp as fried empanadas.)

## Nutrition Facts



## Properties

Glycemic Index:18.18, Glycemic Load:13.37, Inflammation Score:-5, Nutrition Score:10.441304406394%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 552.35kcal (27.62%), Fat: 45.61g (70.16%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.21g (8.8%), Sugar: 0.72g (0.8%), Cholesterol: 61.45mg (20.48%), Sodium: 177.26mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin K: 42.12µg (40.11%), Selenium: 20.15µg (28.79%), Vitamin B3: 3.54mg (17.7%), Vitamin B1: 0.22mg (14.92%), Vitamin E: 2.2mg (14.69%), Vitamin B2: 0.25mg (14.62%), Vitamin B12: 0.84µg (13.98%), Manganese: 0.27mg (13.68%), Iron: 2.25mg (12.49%), Zinc: 1.81mg (12.09%), Folate: 46.43µg (11.61%), Phosphorus: 105.35mg (10.53%), Vitamin B6: 0.15mg (7.5%), Potassium: 171.89mg (4.91%), Copper: 0.09mg (4.65%), Fiber: 1.13g (4.53%), Magnesium: 16.92mg (4.23%), Vitamin B5: 0.32mg (3.22%), Calcium: 21.84mg (2.18%), Vitamin D: 0.25µg (1.69%), Vitamin A: 60.31IU (1.21%)