



Beef Empanadas with Chimichurri

 Dairy Free  Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



3545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canned tomatoes canned crushed
- ☐ 0.5 tablespoon chili powder dried
- ☐ 1 large eggs
- ☐ 1 serving flour
- ☐ 3 garlic clove minced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup olive green chopped
- ☐ 0.5 pound ground beef

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion chopped
- ☐ 0.5 poblano pepper stemmed seeded chopped
- ☐ 1 lb puff pastry frozen thawed
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

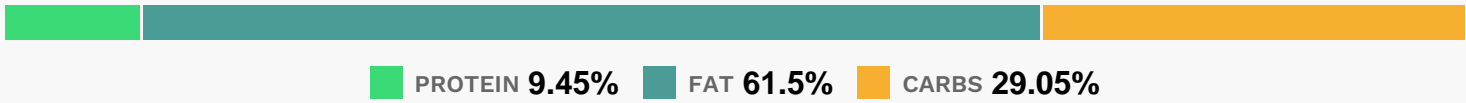
Directions

- ☐ Heat oil in a large frying pan over medium-high heat.
- ☐ Add onion, poblano, and garlic and cook, stirring often, until softened, about 10 minutes.
- ☐ Add chuck, ground chiles, cumin, and salt and cook, stirring to break beef apart, until no longer pink, about 5 minutes.
- ☐ Add crushed tomatoes, vinegar, raisins, and olives and cook until most of the liquid has evaporated, about 3 minutes.
- ☐ Preheat oven to 40
- ☐ On a lightly floured surface, roll puff pastry to 1/8 in. thick. With a 3 1/2-in. cutter, cut as many rounds as possible, rerolling and cutting remaining dough. Spoon a scant tbsp. filling onto each round, fold dough over filling to make a half-moon, then seal and mark edges with the tines of a fork. Beat egg with 1 tbsp. water and brush over pastry tops.
- ☐ Set empanadas on oiled baking sheets and bake until golden brown, about 20 minutes.
- ☐ Serve warm with Chimichurri.
- ☐ Chimichurri In a food processor, combine 1 cup each packed parsley sprigs and cilantro sprigs, 2/3 cup extra-virgin olive oil, 6 tbsp. white wine vinegar, 2 tbsp. fresh oregano leaves, 4

garlic cloves, 1 tsp. kosher salt, and 1/4 tsp. red chile flakes. Pulse until herbs and garlic are finely chopped.

☐ Let sit at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:297.67, Glycemic Load:133.82, Inflammation Score:-10, Nutrition Score:68.730434749437%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg

Nutrients (% of daily need)

Calories: 3544.63kcal (177.23%), Fat: 243.72g (374.96%), Saturated Fat: 65.61g (410.06%), Carbohydrates: 258.98g (86.33%), Net Carbohydrates: 244.52g (88.92%), Sugar: 32.05g (35.61%), Cholesterol: 347.03mg (115.68%), Sodium: 3201.95mg (139.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.29g (168.57%), Selenium: 165.08µg (235.83%), Vitamin B3: 31.17mg (155.87%), Manganese: 2.96mg (148.12%), Vitamin B1: 2.14mg (142.46%), Vitamin B2: 2.07mg (121.97%), Iron: 21.48mg (119.34%), Folate: 434.86µg (108.71%), Vitamin K: 99.77µg (95.02%), Zinc: 13.43mg (89.5%), Vitamin B12: 5.3µg (88.31%), Phosphorus: 864.79mg (86.48%), Vitamin B6: 1.54mg (76.89%), Vitamin C: 61.7mg (74.79%), Vitamin E: 9.84mg (65.61%), Fiber: 14.46g (57.83%), Copper: 1.13mg (56.62%), Potassium: 1768.44mg (50.53%), Magnesium: 174.89mg (43.72%), Vitamin A: 1970.71IU (39.41%), Calcium: 241.11mg (24.11%), Vitamin B5: 2.38mg (23.8%), Vitamin D: 1.23µg (8.18%)