



Beef Empanaditas



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup water hot
- ☐ 0.3 lb ground beef 80% lean (at least)
- ☐ 0.5 cup salsa chunky-style
- ☐ 1 tablespoon raisins
- ☐ 8 pimientos green sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 eggs

- ☐ 1 tablespoon water
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with cooking parchment paper. In medium bowl, stir Bisquick mix and hot water until stiff dough forms.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, in 8-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salsa, raisins, olives, cumin and cinnamon; set aside.
- ☐ Place dough on surface sprinkled with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- ☐ Roll dough into 13-inch round. With 3-inch round cutter, cut dough into rounds. Gather dough scraps together and reroll to 1/8-inch thickness.
- ☐ Cut to make 20 rounds.
- ☐ Spoon 2 to 3 teaspoons beef mixture onto center of each dough round. Fold dough in half over filling; press edges firmly with fork to seal.
- ☐ Place 1 inch apart on cookie sheet.
- ☐ In small bowl, stir egg and 1 tablespoon water to combine; brush mixture over tops of each empanadita.
- ☐ Bake 14 to 16 minutes or until golden brown.

Nutrition Facts



 PROTEIN **24.76%**  FAT **55.48%**  CARBS **19.76%**

Properties

Glycemic Index:5.69, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.0386956450732%

Nutrients (% of daily need)

Calories: 21.98kcal (1.1%), Fat: 1.37g (2.11%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.27g (0.3%), Cholesterol: 12.21mg (4.07%), Sodium: 50.26mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin B12: 0.14µg (2.35%), Selenium: 1.59µg (2.28%), Zinc: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.33mg (1.64%), Phosphorus: 16.3mg (1.63%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.31%), Potassium: 43.02mg (1.23%), Vitamin A: 54.37IU (1.09%)