



Beef Empanaditas



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



20

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 1 tablespoon water
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

Equipment

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

Directions

- ☐ Heat oven to 350F. 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 **22.55%**  FAT **59.01%**  CARBS **18.44%**

Properties

Glycemic Index:3.44, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.0430434715489%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 24.19kcal (1.21%), Fat: 1.62g (2.49%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.27g (0.3%), Cholesterol: 12.21mg (4.07%), Sodium: 75.15mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin B12: 0.14µg (2.35%), Selenium: 1.61µg (2.29%), Zinc: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.33mg (1.64%), Phosphorus: 16.28mg (1.63%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.3%), Vitamin E: 0.19mg (1.26%), Potassium: 42.92mg (1.23%)