



## Bolivian Empanadas (Salteñas)

READY IN



643 min.

SERVINGS



16

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon achiote seeds (achiote)
- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup butter
- 1 tablespoon canola oil divided
- 8 ounce chicken breast boneless skinless
- 1 large eggs
- 1 large egg whites lightly beaten
- 2 cups flour all-purpose
- 1 tablespoon parsley fresh chopped

- 2 teaspoons gelatin powder unflavored
- 2 tablespoons spring onion finely chopped
- 0.8 teaspoon ground cumin
- 2 teaspoons ají mirasol paste red
- 2 cups beef broth fat-free
- 0.5 cup olive green pitted chopped
- 0.8 teaspoon oregano dried
- 0.3 cup peas green frozen
- 0.3 cup raisins
- 1.5 teaspoons red wine vinegar
- 0.3 teaspoon salt
- 0.3 teaspoon salt divided
- 2 teaspoons sugar
- 3 tablespoons sugar
- 0.3 cup water
- 0.5 cup water
- 1 teaspoon water
- 0.5 cup onion yellow finely chopped
- 1 yukon gold potatoes diced

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- plastic wrap

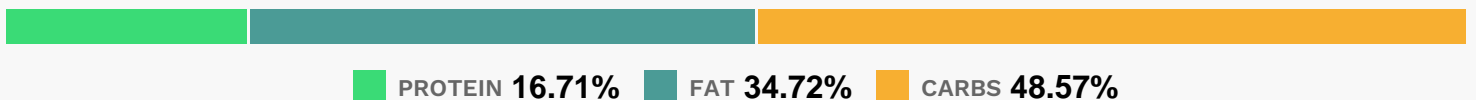
- stand mixer
- measuring cup
- dutch oven
- meat tenderizer

## Directions

- Place chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with 1/4 teaspoon pepper and 1/8 teaspoon salt.
- Heat a Dutch oven over medium-high heat.
- Add 2 teaspoons oil; swirl.
- Add chicken; cook 4 to 5 minutes on each side or until done.
- Remove chicken; shred.
- Reduce heat to medium; add 1 teaspoon oil and yellow onion to pan. Cook 4 minutes or until tender, stirring occasionally.
- Add green onions, aji amarillo paste, cumin, and oregano; cook 1 minute, stirring constantly.
- Add 1/4 teaspoon pepper, 1/8 teaspoon salt, broth, sugar, vinegar, and potato; bring to a boil over high heat, stirring occasionally. Reduce heat to medium, and simmer 10 minutes or until potato is almost tender, stirring occasionally.
- Add shredded chicken, peas, and parsley; cook an additional 5 minutes or until potato is tender, stirring occasionally.
- Sprinkle gelatin over 1/4 cup water in a small bowl; let stand 1 minute.
- Add gelatin mixture, olives, and raisins to potato mixture; cook 5 minutes, stirring occasionally. Spoon into a bowl; cool 15 minutes. Cover and chill at least 8 hours or overnight.
- Combine butter and annatto seeds in a saucepan; cook over low heat 5 minutes or until butter melts.
- Remove from heat; let stand 10 minutes. Discard annatto.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, and 1/4 teaspoon salt in bowl of a stand mixer; beat at low speed using paddle attachment.

- Add 1/4 cup annatto butter, 1/2 cup warm water, and 1 egg; beat at medium speed 2 minutes or until dough is sticky and stretchy. Turn dough out onto a sheet of plastic wrap; shape into a rectangle. Cover and chill 30 minutes.
- Preheat oven to 45
- Shape dough into 16 (1 1/4-inch) balls. Working with 1 portion of dough at a time (cover remaining dough to prevent drying), roll each portion into a 5-inch circle on a floured surface. Spoon 2 tablespoons filling into center of each circle, compacting into an oval shape. Fold dough over filling to make a half-moon shape; press edges together to seal. Hold upright so seam is on top. Starting at 1 end, pinch dough seam between finger and thumb and twist seam into rope against filling, continuing to pinch and twist until you reach other end to seal. Sealed saltea should resemble a 4-inch-long football with roped crimping on top.
- Place on baking sheets lined with parchment paper. Repeat procedure with remaining dough and filling (cover salteas to prevent drying).
- Add 1 teaspoon warm water and egg white to remaining annatto butter, scraping pan to remove as much butter as possible.
- Brush mixture over salteas.
- Bake at 450 for 18 to 20 minutes or until crust is set and filling is thoroughly heated.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:36.57, Glycemic Load:13.08, Inflammation Score:-4, Nutrition Score:5.9004348049993%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 161.02kcal (8.05%), Fat: 6.25g (9.62%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 18.43g (6.7%), Sugar: 3.34g (3.72%), Cholesterol: 30.86mg (10.29%), Sodium: 252.29mg (10.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Selenium: 11.64µg (16.63%), Vitamin B3: 2.63mg (13.17%), Vitamin B1: 0.16mg (10.38%), Folate: 36.49µg (9.12%), Vitamin B6: 0.17mg (8.43%), Manganese: 0.17mg (8.31%), Vitamin K: 8.23µg (7.84%), Vitamin B2: 0.13mg (7.78%), Phosphorus: 67.78mg (6.78%), Iron: 1.18mg (6.58%), Potassium: 225.79mg (6.45%), Vitamin C: 4.25mg (5.15%), Fiber: 1.26g (5.04%), Vitamin A: 206.44IU (4.13%), Copper: 0.08mg (3.77%), Vitamin B5: 0.37mg (3.73%), Vitamin E: 0.53mg (3.51%), Magnesium: 13.95mg (3.49%), Zinc: 0.33mg (2.18%), Calcium: 16.28mg (1.63%), Vitamin B12: 0.07µg (1.1%)