



## Brianna's Empanada with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**890 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings canola oil for frying
- 2 teaspoons chipotle chile powder
- 9 ounce mild chiles green chopped canned
- 3 packages empanada wrappers
- 1 bunch cilantro leaves fresh roughly chopped
- 1 bunch mint leaves fresh roughly chopped
- 1 bunch parsley fresh roughly chopped
- 6 cloves garlic

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- 1 pound ground beef
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 hardboiled eggs chopped
- 1 pinch kosher salt
- 2 lemons
- 0.5 cup olive oil light
- 1 tablespoon olive oil
- 1 large onion chopped
- 0.3 teaspoon pepper flakes red to taste

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- blender
- wooden spoon

## Directions

- Heat a large skillet over medium-high heat and coat with the olive oil.
- Add the ground beef and break it up with a wooden spoon. Stir the beef and cook it until browned.
- Remove the beef from the pan to a dish.
- Drain all but 1 tablespoon of fat from the pan. Return the pan to the heat and add the onion, cooking until softened, about 8 minutes. Stir in the garlic, chile powder, cumin, and coriander and cook for 3 minutes.
- Add the ground beef back into the pan and stir to combine. Turn off the heat and let cool for 5 minutes. Stir in the green chiles and chopped egg.

- Fill a small bowl with water.
- Lay out a few of the empanada wrappers on a flat surface. Top the center of each wrapper with about 3 tablespoons of the beef filling. Dip your finger lightly in the water and run it along the edges of the wrapper. Fold the wrapper over the beef, into a half moon shape and pinch it shut. Repeat with the remaining wrappers and filling ingredients.
- Heat a deep saute pan over high heat and pour in enough canola oil to fill the pan halfway up the sides.
- Heat the oil to 350 degrees F. Fry the empanadas until golden brown, 1 to 2 minutes on each side. Be sure to flip them so they cook on both sides.
- Remove from the pan and drain them on paper towels.
- Transfer the empanadas to a serving platter and serve with the Chimichurri Sauce for dipping.
- Grate 2 tablespoons of zest from the lemons and squeeze out 1/4 cup of juice.
- Add the zest and juice to a food processor or blender along with the cilantro, parsley, mint, garlic, salt, red pepper flakes, and olive oil. Pulse to blend the ingredients. If the sauce is too thick, add more oil and lemon juice. The sauce should be just thin enough to pour.
- Transfer the sauce to a serving bowl and serve with the empanadas.

## Nutrition Facts



■ **PROTEIN 13.88%**
■ **FAT 37.77%**
■ **CARBS 48.35%**

### Properties

Glycemic Index:30.25, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:22.728695631027%

### Flavonoids

Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg Hesperetin: 10.11mg, Hesperetin: 10.11mg, Hesperetin: 10.11mg, Hesperetin: 10.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 20.53mg, Apigenin: 20.53mg, Apigenin: 20.53mg, Apigenin: 20.53mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

### Nutrients (% of daily need)

Calories: 889.94kcal (44.5%), Fat: 38.58g (59.35%), Saturated Fat: 9.94g (62.09%), Carbohydrates: 111.09g (37.03%), Net Carbohydrates: 102.78g (37.38%), Sugar: 2.99g (3.33%), Cholesterol: 115.84mg (38.61%), Sodium:

1150.05mg (50%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.79%), Vitamin K: 167.22µg (159.26%), Vitamin C: 50.65mg (61.39%), Iron: 10.7mg (59.44%), Fiber: 8.31g (33.24%), Vitamin B12: 1.8µg (30.05%), Selenium: 17.86µg (25.52%), Zinc: 3.66mg (24.39%), Vitamin B6: 0.46mg (23.16%), Vitamin A: 1096.72IU (21.93%), Vitamin B3: 3.76mg (18.81%), Phosphorus: 184.89mg (18.49%), Folate: 60.56µg (15.14%), Vitamin B2: 0.25mg (14.52%), Vitamin E: 2.04mg (13.58%), Potassium: 458.65mg (13.1%), Manganese: 0.2mg (10.14%), Calcium: 84.65mg (8.46%), Vitamin B5: 0.83mg (8.32%), Magnesium: 31.17mg (7.79%), Vitamin B1: 0.1mg (6.56%), Copper: 0.12mg (5.78%), Vitamin D: 0.44µg (2.95%)