



Cabbage & pork empanadas

READY IN



80 min.

SERVINGS



12

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g flour plain
- ☐ 1 eggs
- ☐ 50 g butter
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 1 juice of orange
- ☐ 12 servings milk for brushing
- ☐ 1 tbsp olive oil
- ☐ 1 shallots finely chopped
- ☐ 150 g fatty pork lean minced

- ☐ 150 g curly kale roughly chopped
- ☐ 2 tsp paprika smoked
- ☐ 50 g raisin
- ☐ 50 g pinenuts toasted
- ☐ 2 tbsp clear honey
- ☐ 100 g flavoursome cheese such as mature gruyère diced

Equipment

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

Directions

- ☐ For the filling, heat the oil in a large pan and cook the shallot for a few mins until beginning to soften.
- ☐ Add the pork and stir-fry for 3–4 mins then add the kale and paprika, cover tightly and simmer gently for 20 mins until the pork and cabbage are both tender. Stir in the raisins, pine nuts and honey, season and leave to cool.
- ☐ Meanwhile, place the flour, egg, butter, sunflower oil and some salt in a food processor.
- ☐ Add the juice and whizz together to make a smooth, soft dough. Wrap in cling film and chill.
- ☐ Heat the oven to 190C/170C fan/ gas
- ☐ Shape the dough into 12 balls then roll each one out to make a 12cm round. Stir the cheese into the cold filling then divide it between the rounds. Fold each in half to enclose the mixture then, using your fingertips, crimp or twist the edges to neatly seal. Can be chilled for up to 12 hrs.
- ☐ Transfer the empanadas to a non-stick baking sheet, brush with a little milk and bake for 20–25 mins until golden.

Nutrition Facts



 PROTEIN **14.98%**  FAT **48.62%**  CARBS **36.4%**

Properties

Glycemic Index:33.59, Glycemic Load:24.07, Inflammation Score:-9, Nutrition Score:22.510869585949%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 456.31kcal (22.82%), Fat: 24.94g (38.37%), Saturated Fat: 10.15g (63.42%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 40.08g (14.57%), Sugar: 15.6g (17.34%), Cholesterol: 70.04mg (23.35%), Sodium: 200.37mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Vitamin K: 53.52µg (50.97%), Calcium: 429.35mg (42.94%), Vitamin A: 2023.3IU (40.47%), Phosphorus: 395.74mg (39.57%), Vitamin B2: 0.62mg (36.43%), Manganese: 0.69mg (34.38%), Vitamin B1: 0.5mg (33.64%), Selenium: 20.22µg (28.89%), Vitamin B12: 1.58µg (26.3%), Vitamin D: 2.81µg (18.72%), Vitamin C: 14.71mg (17.83%), Folate: 68.42µg (17.1%), Vitamin E: 2.47mg (16.5%), Potassium: 575.03mg (16.43%), Vitamin B3: 2.97mg (14.86%), Magnesium: 59.08mg (14.77%), Zinc: 2.21mg (14.76%), Vitamin B6: 0.27mg (13.5%), Vitamin B5: 1.28mg (12.82%), Iron: 2.21mg (12.26%), Fiber: 1.94g (7.75%), Copper: 0.14mg (6.86%)