



Colombian Empanadas (Empanadas Colombianas)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 teaspoon pepper black



1.5 cups precooked cornmeal yellow (masarepa)



2 tablespoon cilantro leaves fresh chopped



1 garlic clove chopped



0.3 cup green onions chopped



0.5 pound ground pork and beef



20 servings lime and ají for serving

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoon bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 1 vegetable bouillon tablet
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water
- ☐ 0.3 cup onions white chopped
- ☐ 2 cups potatoes diced white peeled

Equipment

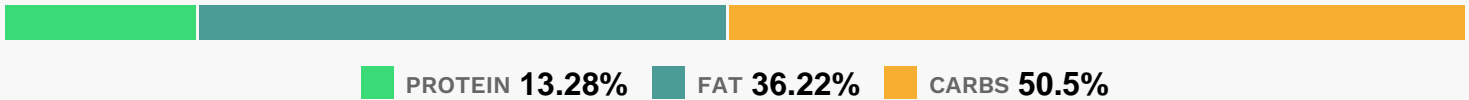
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Place the masarepa in a large bowl.
- ☐ Add the sazón Goya and salt and stir to mix well.
- ☐ Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes. Meanwhile, to make the filling, cook the potatoes in a pot with water and the bouillon tablet for 20–25 minutes or until tender.
- ☐ Drain and gently mash the potatoes. Set aside.
- ☐ Heat 1 tablespoon olive oil in a large, heavy skillet.
- ☐ Add the onion and cook over medium–low heat stirring frequently, for 5 minutes.
- ☐ Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes.

- ☐ Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes or until the mixture is fairly dry.
- ☐ Transfer the meat mixture to the mashed potatoes bowl and mix well to combine. Break small portions of the dough, about 1 ½ tablespoons each one, and form each portion into a ball by rolling between the palms of your hands.
- ☐ Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle.
- ☐ Remove the top plastic and place 1 tablespoon of the filling in the center of each. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork. Fill a large pot with vegetable oil and heat over medium heat to 360° F. Carefully place 3 or 4 empanadas at the time in the heated oil and fry for about 2 minutes until golden on all sides. Using a slotted spoon transfer the empanadas to a plate lined with paper towels.
- ☐ Serve with ají and lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:8.55, Inflammation Score:-2, Nutrition Score:4.6760870218277%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 111.21kcal (5.56%), Fat: 4.54g (6.99%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 12.23g (4.45%), Sugar: 0.84g (0.93%), Cholesterol: 8.16mg (2.72%), Sodium: 68.66mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 9.43mg (11.43%), Vitamin B6: 0.2mg (10.02%), Vitamin B1: 0.14mg (9.67%), Fiber: 2.02g (8.09%), Manganese: 0.13mg (6.72%), Phosphorus: 64.78mg (6.48%), Potassium: 204.84mg (5.85%), Magnesium: 22.49mg (5.62%), Vitamin B3: 1.11mg (5.57%), Vitamin K: 5.58µg (5.32%), Selenium: 3.65µg (5.21%), Zinc: 0.72mg (4.82%), Iron: 0.74mg (4.11%), Copper: 0.08mg (3.76%), Vitamin B2: 0.05mg (2.98%), Folate: 11.73µg (2.93%), Vitamin B5: 0.25mg (2.46%), Vitamin A: 111.4IU (2.23%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.08µg (1.32%), Calcium: 10.78mg (1.08%)