



Corn and Poblano Empanadas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.5 teaspoon chili powder
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 2 poblano peppers

- ☐ 0.8 teaspoon salt divided
- ☐ 3 ounces mozzarella cheese shredded
- ☐ 0.5 cup water
- ☐ 1 tablespoon water

Equipment

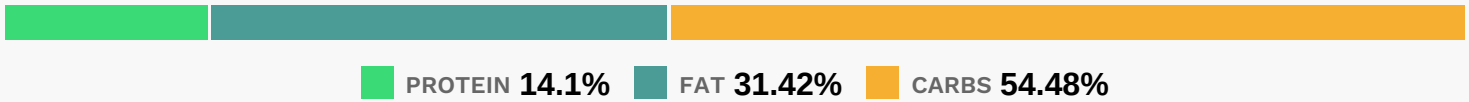
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 50
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, masa harina, 1/4 teaspoon salt, and chili powder in a food processor; pulse 3 times.
- ☐ Add water and butter; pulse until mixture forms a loose ball.
- ☐ Remove from processor; knead until ball completely forms. Divide dough into 8 equal portions. Shape each dough portion into a ball; flatten each ball into a 3-inch circle on a lightly floured surface. Cover and chill 30 minutes. (Stack dough portions between pieces of wax paper.)
- ☐ Place poblanos on a foil-lined baking sheet.
- ☐ Bake at 500 for 20 minutes or until brown and blistered, turning once.
- ☐ Place in a zip-top plastic bag; seal.

- ☐ Let stand 15 minutes. Peel poblanos; cut in half lengthwise. Discard seeds and membranes, and finely chop.
- ☐ Place in a medium bowl.
- ☐ Reduce oven temperature to 425
- ☐ Heat a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add 1/2 teaspoon salt and corn; saut 3 minutes.
- ☐ Add to poblanos; let stand 5 minutes. Stir in cheese.
- ☐ Roll each dough portion into a (5-inch) circle. Working with 1 circle at a time (cover remaining circles with a damp towel to prevent drying), spoon 3 level tablespoons corn filling into center of each circle. Moisten edges of dough with water; fold dough over filling. Press edges together with a fork or fingers to seal.
- ☐ Place empanadas on a large baking sheet coated with cooking spray.
- ☐ Combine egg white and 1 tablespoon water. Lightly coat tops of empanadas with egg mixture. Pierce top of dough with a fork.
- ☐ Bake at 425 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:6.69, Inflammation Score:-5, Nutrition Score:8.7639130366885%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 171.6kcal (8.58%), Fat: 6.19g (9.52%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.03g (8.01%), Sugar: 2.61g (2.89%), Cholesterol: 15.92mg (5.31%), Sodium: 322.77mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 26mg (31.52%), Vitamin B1: 0.31mg (20.94%), Folate: 59.25µg (14.81%), Vitamin B2: 0.22mg (12.86%), Vitamin B3: 2.41mg (12.07%), Selenium: 8.43µg (12.05%), Manganese: 0.23mg (11.36%), Phosphorus: 106.29mg (10.63%), Iron: 1.67mg (9.3%), Fiber: 2.11g (8.44%),

Vitamin B6: 0.16mg (8.2%), Calcium: 77.03mg (7.7%), Vitamin A: 380.25IU (7.6%), Magnesium: 28.75mg (7.19%), Potassium: 187.25mg (5.35%), Zinc: 0.77mg (5.13%), Vitamin B12: 0.25µg (4.2%), Copper: 0.08mg (3.94%), Vitamin B5: 0.33mg (3.28%), Vitamin K: 2.95µg (2.81%), Vitamin E: 0.29mg (1.91%)