

eipi

Deep-Fried Masa Turnovers with Crab

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup flour
- 1 teaspoon double-acting baking powder
- 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal freshly ground for tortillas (17 ounces
- 1.5 cups crab meat fresh shredded
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon thyme dried
- 2 garlic clove chopped
- 0.5 cup olive green pitted chopped

- 2 jalapeno chopped
- 1.5 tablespoons olive oil
- 0.3 teaspoon oregano dried
- 2 tablespoons parsley fresh italian chopped
- 8 ounces plum tomatoes seeded chopped
- 0.8 teaspoon salt
- 2 tablespoons shortening
- 12 servings vegetable oil for frying
- 12 servings water
- 0.8 cup onion white chopped

Equipment

- bowl
- frying pan
- paper towels
- blender
- plastic wrap
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Puree tomatoes in blender.
- Heat oil in large skillet over medium-high heat.
- Add onion and saut until beginning to brown, about 6 minutes.
- Add garlic and saut 30 seconds.
- Mix in olives, chiles, and dried herbs, then tomato puree. Reduce heat to medium. Simmer until most liquid is absorbed, stirring occasionally, about 5 minutes.
- Remove from heat.

- Mix in crab and parsley; season with salt.
- Combine fresh masa or masa harina mixture, lard, flour, baking powder, and salt in large bowl. Knead well, adding warm water by tablespoonfuls as needed until dough is soft but not sticky. Divide into 12 balls.
- Place on sheet of foil. Cover with plastic wrap.
- Cut out two 8-inch rounds from heavy-duty resealable plastic bag.
- Place 1 plastic round on bottom half of tortilla press.
- Place 1 dough round in center and top with second plastic round. Close tortilla press, pressing dough to 5-inch round. Peel off top plastic. Spoon 1 heaping tablespoon filling onto half of dough. Using plastic as aid, fold dough over filling, peel back plastic, and seal edges. Flip turnover onto hand; peel off bottom plastic.
- Place turnover on foil-lined sheet. Repeat with remaining dough and filling.
- Pour enough oil into large skillet to reach depth of 3/4 inch. Attach deep-fry thermometer and heat oil to 375F. Fry 3 turnovers at a time until deep golden brown, about 2 minutes per side.
- Transfer to paper towels to drain. Arrange turnovers on platter and serve.

Nutrition Facts



PROTEIN 14.2% **FAT 43.19%** **CARBS 42.61%**

Properties

Glycemic Index:27.58, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:10.691739009774%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 8.5g (13.07%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.87g (6.13%), Sugar: 1.07g (1.19%), Cholesterol: 8.82mg (2.94%), Sodium: 458.84mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Vitamin B12: 1.89µg (31.5%), Vitamin B1: 0.33mg (21.71%), Vitamin K: 20.97µg (19.97%), Selenium: 11.37µg (16.25%), Folate: 60.44µg (15.11%), Copper: 0.3mg (14.77%),

Vitamin B3: 2.45mg (12.27%), Zinc: 1.7mg (11.36%), Vitamin B2: 0.18mg (10.86%), Iron: 1.92mg (10.65%), Phosphorus: 106.3mg (10.63%), Vitamin C: 8.62mg (10.45%), Magnesium: 35.67mg (8.92%), Vitamin B6: 0.17mg (8.45%), Manganese: 0.16mg (8.03%), Fiber: 1.99g (7.98%), Calcium: 73.07mg (7.31%), Vitamin E: 1.03mg (6.87%), Vitamin A: 308.64IU (6.17%), Potassium: 169.71mg (4.85%), Vitamin B5: 0.18mg (1.8%)