



Dulce de Leche Banana Empanadas with Walnuts

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large banana mashed
- 3 Tbsp dulce de leche plus 1 tbsp sweetened for drizzling (milk caramel)
- 1 eggs beaten
- 2 Tbsp flour for dusting
- 0.3 cup powdered sugar
- 1 ready-made pie crust dough
- 0.3 cup planters walnuts crushed

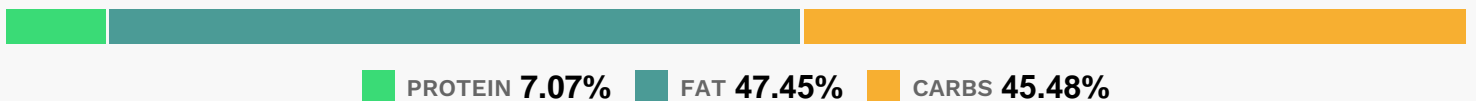
Equipment

- bowl
- baking sheet
- oven
- cookie cutter
- rolling pin

Directions

- PREHEAT oven to 450 F and grease baking sheet.
- MIX mashed banana, 3 tablespoons dulce de leche and walnuts in a small bowl.
- ROLL out pie dough on a floured surface and extend with rolling pin to approximately 12-inches in diameter.
- Cut out 3-inch circles with cookie cutter or rim of a small bowl.
- PLACE 1 heaping tablespoons of dulce de leche mixture.
- Brush dough circle edges with egg; fold in half and crimp edges with fork to seal.
- Place empanadas on prepared baking sheet; brush with egg and prick a few holes with fork.
- BAKE for 12–15 minutes or until golden.
- Sprinkle with sugar and drizzle with remaining dulce de leche.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.0747826196577%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg

Nutrients (% of daily need)

Calories: 46.24kcal (2.31%), Fat: 2.48g (3.82%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5g (1.82%), Sugar: 1.57g (1.75%), Cholesterol: 5.46mg (1.82%), Sodium: 25.36mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Manganese: 0.09mg (4.28%), Folate: 7.75µg (1.94%), Vitamin B1: 0.03mg (1.73%), Copper: 0.03mg (1.52%), Selenium: 1.06µg (1.51%), Vitamin B6: 0.03mg (1.46%), Fiber: 0.36g (1.44%), Vitamin B2: 0.02mg (1.43%), Iron: 0.25mg (1.37%), Phosphorus: 13.02mg (1.3%), Vitamin B3: 0.23mg (1.14%), Magnesium: 4.41mg (1.1%)