



Easy Picadillo Empanadas

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce biscuits refrigerated not the layered varieties
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 2 cups meat from a rotisserie chicken shredded
- ☐ 2 large garlic cloves minced
- ☐ 0.5 medium apples i use 2 granny smith apples cut into small dice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 20 servings olive oil for brushing

- ☐ 1 medium onion finely chopped
- ☐ 0.3 cup pimento-stuffed olives chopped
- ☐ 0.3 cup raisins seedless
- ☐ 20 servings salt and pepper to taste
- ☐ 0.3 cup slivered almonds toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Adjust oven rack to center; heat oven to 450 degrees.
- ☐ Heat oil in a 12-inch skillet over medium-high heat.
- ☐ Saute onion and apple until golden, 3 to 4 minutes.
- ☐ Add spices; saute until fragrant, about 30 seconds. Stir in chicken, tomatoes, raisins and olives; simmer until filling is thick and moist but not too liquid, 5 to 7 minutes longer. Stir in garlic, almonds, salt and pepper.
- ☐ Transfer to a medium bowl; cool to room temperature.
- ☐ Separate biscuits onto a cornmeal-coated work surface.
- ☐ Sprinkle with cornmeal as necessary, and roll each one into a 5 inch circle. Fill each one, using a scant 2 Tbs. filling and leaving a 1/2-inch border.
- ☐ Place on cookie sheets lined with parchment paper. (At this point, can be frozen up to 2 weeks.)
- ☐ Brush tops with oil.
- ☐ Bake until golden, 16 to 20 minutes (longer if frozen).

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:8.07, Inflammation Score:-2, Nutrition Score:5.8739130095295%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 253.66kcal (12.68%), Fat: 20.23g (31.13%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.73g (4.99%), Sugar: 2.52g (2.8%), Cholesterol: 8.69mg (2.9%), Sodium: 459.41mg (19.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin E: 3.04mg (20.23%), Phosphorus: 125.8mg (12.58%), Vitamin K: 10.85µg (10.33%), Manganese: 0.19mg (9.44%), Vitamin B3: 1.84mg (9.22%), Selenium: 5.91µg (8.45%), Vitamin B1: 0.12mg (8.24%), Iron: 1.31mg (7.27%), Vitamin B2: 0.11mg (6.43%), Fiber: 1.28g (5.13%), Folate: 20.4µg (5.1%), Vitamin B6: 0.1mg (5.08%), Potassium: 175.51mg (5.01%), Copper: 0.09mg (4.53%), Magnesium: 15.69mg (3.92%), Vitamin C: 3.08mg (3.73%), Calcium: 27.06mg (2.71%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.37mg (2.49%), Vitamin A: 74.34IU (1.49%), Vitamin B12: 0.06µg (1.08%)