

Empanada Dough

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp calumet baking powder
- 2 cups flour
- 0.3 tsp salt
- 0.5 cup water
- 0.5 cup lard
- 0.5 cup lard

Equipment

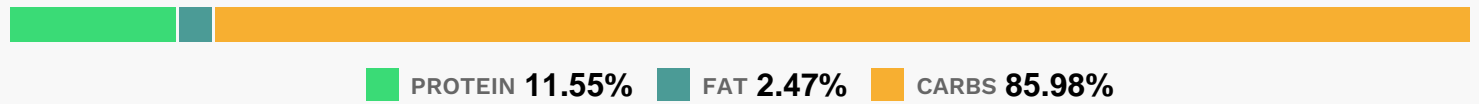
- bowl

- blender
- plastic wrap

Directions

- Combine flour, baking powder and salt in large bowl.
- Cut in lard with pastry blender or 2 knives until mixture resembles coarse crumbs. Gradually add water, stirring until mixture forms ball.
- Place dough on lightly floured surface; knead 5 min. or until smooth and pliable. Wrap tightly in plastic wrap; set aside while preparing empanada filling.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:11.61, Inflammation Score:-1, Nutrition Score:3.0247826179409%

Nutrients (% of daily need)

Calories: 76.05kcal (3.8%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.45g (5.62%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 93.52mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin B1: 0.16mg (10.9%), Selenium: 7.06µg (10.09%), Folate: 38.13µg (9.53%), Manganese: 0.14mg (7.11%), Vitamin B3: 1.23mg (6.15%), Vitamin B2: 0.1mg (6.05%), Iron: 1.01mg (5.63%), Phosphorus: 31.63mg (3.16%), Calcium: 27.93mg (2.79%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.58%), Magnesium: 4.8mg (1.2%)