



Empanada Dough

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour all-purpose plus more for work surface
- 0.8 cup cornmeal fine
- 2 teaspoons sugar
- 0.5 teaspoon salt
- 3 tablespoons shortening
- 2 large egg yolk

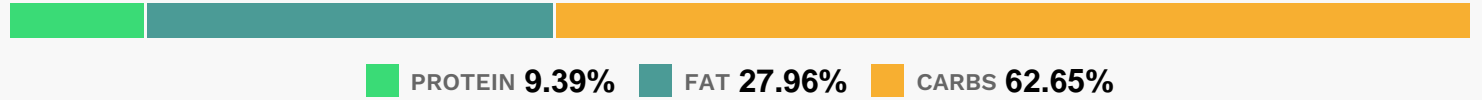
Equipment

- food processor

Directions

- In a food processor, combine flour, cornmeal, sugar, and salt.
- Add shortening; process 5 seconds.
- Add yolks and 3/4 cup water; process until dough is very soft, about 5 minutes. Turn out onto a lightly floured work surface; knead until smooth. Cover; let rest 30 minutes before using.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:8.14, Inflammation Score:-1, Nutrition Score:2.3417391440143%

Nutrients (% of daily need)

Calories: 76.99kcal (3.85%), Fat: 2.37g (3.65%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.21g (4.07%), Sugar: 0.45g (0.5%), Cholesterol: 15.3mg (5.1%), Sodium: 49.6mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin B1: 0.1mg (6.63%), Selenium: 4.62µg (6.61%), Folate: 22.82µg (5.71%), Manganese: 0.1mg (5.19%), Vitamin B2: 0.06mg (3.74%), Iron: 0.67mg (3.73%), Vitamin B3: 0.74mg (3.69%), Fiber: 0.75g (2.99%), Phosphorus: 27.95mg (2.8%), Vitamin B6: 0.04mg (1.94%), Magnesium: 7.68mg (1.92%), Zinc: 0.26mg (1.73%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.16mg (1.06%)