



Empanadas

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 16 ounce refried beans canned
- 1 pound pizza dough refrigerated
- 1 pint salsa fresh
- 8 ounce cheddar shredded

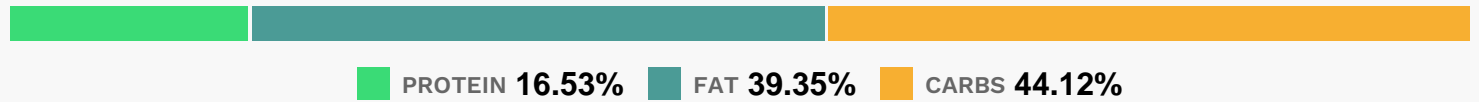
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400 F.
- Spread 1 teaspoon of the oil on a baking sheet. Divide the dough into 6 equal portions.
- Roll each into an 8-inch round on a lightly floured surface. On half of each round, spread some of the beans, then top with 1 1/2 tablespoons of the salsa and 2 tablespoons of the cheese. Fold over the other half of each round, covering the filling, and press the curved edge with your thumb to seal. Lightly brush the tops of the empanadas with the remaining oil, then transfer to the baking sheet.
- Bake for 12 to 15 minutes or until golden.
- Serve with a dollop of sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:9.4182608594065%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 454.97kcal (22.75%), Fat: 20.01g (30.79%), Saturated Fat: 8.5g (53.13%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 44.76g (16.28%), Sugar: 9.71g (10.78%), Cholesterol: 37.8mg (12.6%), Sodium: 1745.91mg (75.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.83%), Calcium: 314.32mg (31.43%), Fiber: 5.73g (22.91%), Phosphorus: 198.36mg (19.84%), Iron: 3.14mg (17.44%), Vitamin A: 820.04IU (16.4%), Selenium: 11.41µg (16.3%), Vitamin E: 1.92mg (12.78%), Vitamin B2: 0.19mg (11.29%), Zinc: 1.54mg (10.3%), Vitamin B6: 0.16mg (8.24%), Vitamin K: 7.03µg (6.69%), Vitamin B12: 0.4µg (6.68%), Potassium: 232.62mg (6.65%), Magnesium: 22.04mg (5.51%), Manganese: 0.09mg (4.64%), Vitamin B3: 0.9mg (4.51%), Copper: 0.06mg (3.19%), Vitamin B5: 0.32mg (3.15%), Folate: 11.09µg (2.77%), Vitamin B1: 0.04mg (2.57%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.23µg (1.51%)