

# Empanadas

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon chiles in adobo sauce
- 1 tablespoon double-acting baking powder
- 0.8 cup chicken stock see
- 1 teaspoon chili powder
- 1 eggs
- 3 cups flour all-purpose plus more for the work surface
- 5 cloves garlic minced
- 1 tablespoon garlic salt

- 1 bell pepper green chopped
- 1 pound ground beef
- 2 teaspoons ground cumin
- 0.5 juice of lime
- 1 cup real mayonnaise such as kraft
- 8 servings oil for frying
- 2 tablespoons olive oil
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 1 bell pepper red chopped
- 1 pinch salt
- 1 teaspoon lawry's seasoned salt
- 2 teaspoons sugar
- 2 tablespoons tomato paste
- 2 tablespoons vinegar
- 0.5 cup lard

## Equipment

- bowl
- frying pan
- whisk
- blender
- deep fryer

## Directions

- Combine the flour, baking powder, sugar and salt in a large bowl.
- Cut in the lard with a pastry blender or 2 knives until the mixture resembles coarse cornmeal.
- In a separate bowl, beat the egg and then whisk in the stock.

- Add the egg mixture to the flour mixture and knead until a dough forms. Cover and refrigerate for 30 minutes.
- Meanwhile, for the empanada filling: In a large nonstick skillet, heat 1 tablespoon olive oil over medium heat.
- Add the ground beef and garlic salt and cook until the beef is cooked completely.
- Drain the grease and set the beef aside.
- In the same pan, heat the remaining 1 tablespoon olive oil.
- Add the tomato paste, vinegar, cumin, chili powder, oregano, seasoned salt, garlic, bell peppers and onions. Cook until softened, 8 to 10 minutes.
- Add the beef and let them love each other with fire over low heat for about 5 more minutes. The mixture should be moist but not dripping wet. Now you are ready to fill the empanadas.
- Lightly flour a work surface and roll out the dough to 1/4 inch thick.
- Cut out 4-, 5- or 6-inch rounds, depending on how large you prefer.
- Add some meat filling to each empanada and fold the dough over in half to enclose the filling. Use a fork to press and seal the edges closed. You can refrigerate the uncooked empanadas for up to 3 hours.
- Heat the oil in a deep fryer to 350 degrees F. Fry the empanadas until golden brown, 6 to 7 minutes.
- Mix together the mayonnaise, adobo sauce and lime juice. (The flavor will enhance if it sits in the refrigerator.)

## Nutrition Facts

**PROTEIN 9.74%** **FAT 65.37%** **CARBS 24.89%**

### Properties

Glycemic Index:61.39, Glycemic Load:28, Inflammation Score:-8, Nutrition Score:20.694782568061%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 700.57kcal (35.03%), Fat: 50.79g (78.14%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 40.97g (14.9%), Sugar: 3.85g (4.28%), Cholesterol: 73.15mg (24.38%), Sodium: 2008.45mg (87.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.05%), Vitamin K: 60.29µg (57.42%), Vitamin C: 34.26mg (41.53%), Selenium: 27.97µg (39.96%), Vitamin B3: 5.97mg (29.85%), Vitamin B1: 0.44mg (29.49%), Folate: 107.44µg (26.86%), Iron: 4.52mg (25.1%), Vitamin B2: 0.4mg (23.54%), Manganese: 0.46mg (23.2%), Phosphorus: 217.83mg (21.78%), Vitamin B12: 1.3µg (21.6%), Vitamin E: 3.23mg (21.56%), Zinc: 3.02mg (20.14%), Vitamin B6: 0.36mg (18.25%), Vitamin A: 721.39IU (14.43%), Calcium: 135.54mg (13.55%), Potassium: 389.67mg (11.13%), Fiber: 2.55g (10.21%), Copper: 0.17mg (8.62%), Magnesium: 32.61mg (8.15%), Vitamin B5: 0.81mg (8.13%), Vitamin D: 0.22µg (1.48%)