



Empanadas (Beef Turnovers)



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings goya corn oil for frying
- ☐ 1 tablespoon goya extra virgin olive oil
- ☐ 1 teaspoon goya garlic minced
- ☐ 0.5 pound ground beef
- ☐ 20 servings goya ground pepper black to taste
- ☐ 0.5 teaspoon goya oregano dried
- ☐ 6 goya olives stuffed spanish with minced pimientos, thinly sliced
- ☐ 1 packet sazón goya with coriander and annatto

- ☐ 0.3 cup goya tomato sauce
- ☐ 0.5 medium onion yellow finely chopped
- ☐ 14 ounce goya discos white yellow thawed (or)
- ☐ 2 tablespoons goya sofrito
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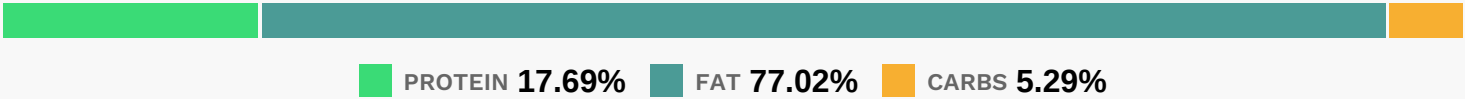
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ rolling pin

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add ground beef and cook until browned, breaking up meat with a wooden spoon, about 10 minutes.
- ☐ Add onions and cook until soft, about 5 minutes more. Stir in tomato sauce, olives, Sofrito, Sazon, garlic, oregano and black pepper. Lower heat to medium-low and simmer until mixture thickens, about 15 minutes.
- ☐ On a lightly floured work surface, using a rolling pin, roll out discos until 1/2-inch larger in diameter. Spoon about 1 tbsp. meat mixture into middle, fold in half to form a half moon; moisten edges with water and pinch to seal closed, or seal with a fork.
- ☐ Fill a deep saucepan with oil to a depth of 2 1/2-inches.
- ☐ Heat oil over medium-high heat until hot but not smoking (350 degrees F on deep-fry thermometer). Cook Empanadas in batches until crisp and golden brown, flipping once, 4 – 6 minutes.
- ☐ Transfer to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.3747826017763%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 46.25kcal (2.31%), Fat: 3.97g (6.11%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.24g (0.26%), Cholesterol: 8.05mg (2.68%), Sodium: 63.52mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin B12: 0.24µg (4.04%), Zinc: 0.49mg (3.27%), Vitamin B3: 0.52mg (2.6%), Selenium: 1.77µg (2.53%), Vitamin E: 0.37mg (2.44%), Vitamin B6: 0.05mg (2.3%), Phosphorus: 20.05mg (2.01%), Iron: 0.3mg (1.64%), Vitamin K: 1.55µg (1.48%), Potassium: 46.8mg (1.34%), Manganese: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.19%)