



Empanadas de Espinaca (Spinach Empanadas)

READY IN



45 min.

SERVINGS



24

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 24 servings vegetable oil
- ☐ 6 tablespoons water cold
- ☐ 0.3 cup shortening

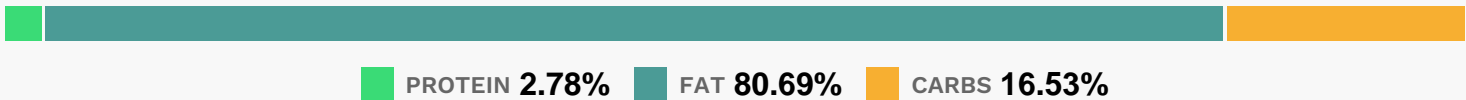
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ blender
- ☐ cookie cutter
- ☐ dutch oven

Directions

- ☐ Combine flour, salt, and baking powder in a large bowl; cut in lard and butter with a pastry blender. Stir in egg and enough water to make a soft dough. Cover and chill 30 minutes.
- ☐ Divide dough into four portions.
- ☐ Place one portion of dough on a lightly floured surface. Chill remaining dough.
- ☐ Roll dough to 1/8-inch thickness; cut dough into 6 circles using a 3 1/2-inch round cookie cutter, re-rolling dough if necessary.
- ☐ Place 2 teaspoons Spinach Filling in center of circle; brush edges lightly with water. Fold edges over, and press firmly with a fork to seal. Set aside. Repeat with remaining dough circles and filling.
- ☐ Pour oil to a depth of 2 inches in a Dutch oven; heat oil to 36
- ☐ Fry empanadas, in batches, 2 to 3 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:3.2256521323453%

Nutrients (% of daily need)

Calories: 191.99kcal (9.6%), Fat: 17.38g (26.74%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0.04g (0.04%), Cholesterol: 10.26mg (3.42%), Sodium: 77.06mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 27µg (25.72%), Vitamin E: 1.33mg (8.88%), Selenium: 4.18µg (5.98%), Vitamin B1: 0.08mg (5.54%), Folate: 20.08µg (5.02%), Vitamin B2: 0.06mg (3.61%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.62mg (3.09%), Iron: 0.54mg (3.02%), Phosphorus: 19.31mg (1.93%), Calcium: 12.97mg (1.3%), Fiber: 0.28g (1.13%)