



Empanadas de Honoro (Beef Turnovers)

READY IN



45 min.

SERVINGS



8

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 20 olives black
- 0.5 teaspoon chili powder
- 8 servings chili powder to taste
- 0.5 teaspoon cumin
- 1 eggs
- 1 egg yolk
- 4 cups flour
- 3 hardboiled eggs boiled sliced

- 1 lb ground beef lean
- 1 optional: lemon
- 1 lime
- 1.5 cups milk
- 2 tablespoons olive oil
- 4 onion
- 0.5 teaspoon oregano
- 8 servings oregano fresh to taste
- 1 teaspoon paprika
- 40 large raisins
- 1 pinch salt
- 1 cup shortening

Equipment

- bowl
- oven

Directions

- Marinate beef in a glass bowl with the juice of lemon and lime, 2-3 sprigs of oregano and chili to taste for at least 4 hours, or overnight. Sift flour with baking powder and salt; beat eggs, warm the milk, melt the shortening and add.
- Mix to make a stiff dough, cut into 20 pieces and roll each into a small circle. (Alternately, use frozen pastry.) Chop (not grind) the meat. Chop the onions and fry in the oil; mix in spices, salt to taste, and beef.
- Saute until meat turns grey.
- Place a spoonful of mixture on each dough circle; add slices of egg, olive and raisins. Fold in two, brush edges with milk and seal.
- Bake in a 400 degree F oven until lightly browned.

Nutrition Facts



■ PROTEIN 14.21% ■ FAT 50.31% ■ CARBS 35.48%

Properties

Glycemic Index:47.29, Glycemic Load:38.34, Inflammation Score:-9, Nutrition Score:25.610434863878%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 695.54kcal (34.78%), Fat: 39.21g (60.33%), Saturated Fat: 10.43g (65.17%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 57.16g (20.79%), Sugar: 5.7g (6.34%), Cholesterol: 155.34mg (51.78%), Sodium: 447.98mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Selenium: 41.62µg (59.46%), Vitamin B1: 0.61mg (40.68%), Vitamin B2: 0.65mg (38.25%), Folate: 147.71µg (36.93%), Vitamin B3: 7.34mg (36.72%), Phosphorus: 342.09mg (34.21%), Iron: 6.11mg (33.95%), Manganese: 0.62mg (31.22%), Vitamin B12: 1.82µg (30.3%), Vitamin E: 4.13mg (27.51%), Zinc: 4.09mg (27.26%), Vitamin K: 26.18µg (24.93%), Vitamin B6: 0.47mg (23.41%), Calcium: 226.08mg (22.61%), Vitamin A: 1055.24IU (21.1%), Fiber: 5.06g (20.22%), Vitamin C: 13.85mg (16.79%), Potassium: 561.53mg (16.04%), Vitamin B5: 1.55mg (15.47%), Magnesium: 50.81mg (12.7%), Copper: 0.23mg (11.25%), Vitamin D: 1.2µg (8.03%)