



Empanadas de Pipián (Empanadas Filled with Peanuts and Potatoes)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup precooked corn meal yellow



1 tablespoon cornstarch



10 servings dough



10 servings salt



0.5 teaspoon vegetable oil



1 cup warm water

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place the masarepa in a large bowl.
- ☐ Add the sazón Goya and salt and stir to mix well.
- ☐ Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes. Meanwhile, to make the filling, cook the potatoes in a pot with water for 20 minutes or until tender.
- ☐ Drain and gently mash the potatoes. Set aside.
- ☐ Heat 1 tablespoon olive oil in a large, heavy skillet.
- ☐ Add the onion and cook over medium-low heat stirring frequently, for 5 minutes.
- ☐ Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes.
- ☐ Add the cooked potatoes and mix well. In a medium bowl place the chopped egg, peanuts, potato and tomato mixture.
- ☐ Mix well to combine. Break small portions of the dough, about 1 ½ tablespoons each one, and form each portion into a ball by rolling between the palms of your hands.
- ☐ Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle.
- ☐ Remove the top plastic and place 1 tablespoon of the filling in the center of each. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork. Fill a large pot with vegetable oil and heat over medium heat to 360°F. Carefully place 3 or 4 empanadas at a time in the heated oil and fry for about 2 minutes until golden on all sides. Using a slotted spoon transfer the empanadas to a plate lined with paper towels.
- ☐ Serve with hogao or aji on the side.

Nutrition Facts



 PROTEIN **9.59%**  FAT **17.02%**  CARBS **73.39%**

Properties

Glycemic Index:10.65, Glycemic Load:10.58, Inflammation Score:-1, Nutrition Score:3.664782586305%

Nutrients (% of daily need)

Calories: 122.9kcal (6.15%), Fat: 2.3g (3.54%), Saturated Fat: 0.48g (3%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.45g (7.44%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 287.45mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin B1: 0.15mg (10.03%), Manganese: 0.19mg (9.66%), Selenium: 5.4µg (7.72%), Fiber: 1.86g (7.45%), Iron: 1.09mg (6.06%), Vitamin B3: 1.17mg (5.83%), Folate: 22.13µg (5.53%), Magnesium: 20.13mg (5.03%), Phosphorus: 50.13mg (5.01%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.68%), Zinc: 0.59mg (3.93%), Copper: 0.06mg (3.1%), Potassium: 65.32mg (1.87%), Vitamin B5: 0.15mg (1.52%)