



Empanadas Dulces

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 15.3 ounce pineapple crushed undrained canned
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons lemon zest
- ☐ 1.5 teaspoons orange zest
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 1 cup sugar divided

- ☐ 24 servings sugar
- ☐ 5 tablespoons water cold
- ☐ 17 ounce yam canned

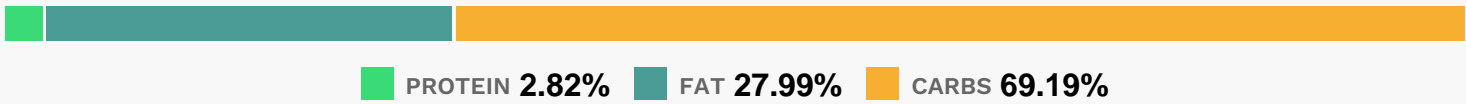
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Combine yams, pineapple, 1 cup sugar, lemon and orange rind in a large saucepan. Cook over medium heat, stirring constantly, until thickened. Cool; set aside.
- ☐ Combine flour, remaining 3 tablespoons sugar, baking powder, and salt; cut in shortening with pastry blender until mixture resembles coarse meal.
- ☐ Sprinkle cold water evenly over surface; stir with a fork until all ingredients are moistened. Divide pastry into 22 to 24 portions.
- ☐ Roll each portion to a 3-inch circle on a lightly floured surface.
- ☐ Place about 1 tablespoon pineapple mixture on each pastry circle. Moisten edges of circle; fold pastry in half, making sure edges are even.
- ☐ Using a fork dipped in flour, press edges of pastry together to seal.
- ☐ Sprinkle 1/2 teaspoon sugar on each pastry.
- ☐ Place on baking sheets; bake at 350 for 30-minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:22.59, Inflammation Score:-1, Nutrition Score:3.5734782348508%

Nutrients (% of daily need)

Calories: 208.47kcal (10.42%), Fat: 6.63g (10.2%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35.51g (12.91%), Sugar: 23g (25.55%), Cholesterol: 0mg (0%), Sodium: 68.94mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin B1: 0.13mg (8.4%), Manganese: 0.15mg (7.67%), Vitamin C: 5.46mg (6.62%), Folate: 25.07µg (6.27%), Potassium: 198.51mg (5.67%), Selenium: 3.95µg (5.64%), Fiber: 1.37g (5.49%), Vitamin B3: 0.79mg (3.96%), Vitamin B2: 0.07mg (3.94%), Vitamin B6: 0.08mg (3.88%), Vitamin K: 4.03µg (3.84%), Iron: 0.69mg (3.83%), Copper: 0.07mg (3.63%), Vitamin E: 0.47mg (3.16%), Phosphorus: 27.5mg (2.75%), Magnesium: 9.39mg (2.35%), Calcium: 18.45mg (1.84%), Vitamin B5: 0.15mg (1.54%)