



Empanadillas

 Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz pork sausage
- 0.5 cup onion finely chopped
- 1 teaspoon garlic finely chopped
- 0.3 cup raisins finely chopped
- 0.3 cup olive green pitted finely chopped
- 1 teaspoon ground cumin
- 17.3 oz puff pastry frozen thawed
- 1 eggs

- 1 teaspoon water
- 1 serving cilantro leaves fresh

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line large cookie sheet with foil or cooking parchment paper; lightly spray with cooking spray.
- In 10-inch skillet, cook sausage, onion and garlic over medium-high heat 5 to 7 minutes, stirring occasionally, until sausage is no longer pink. Stir in raisins, olives and cumin; remove from heat.
- On lightly floured surface, roll 1 sheet of pastry into 12x9-inch rectangle, trimming edges if necessary.
- Cut into twelve 3-inch squares.
- Place 1 tablespoon sausage mixture on each pastry square. In small bowl, beat egg and water with fork until well blended.
- Brush egg mixture on edges of pastry squares. Fold pastry over filling to make triangles; press edges with fork to seal.
- Place on cookie sheet. Repeat with remaining pastry and sausage mixture.
- Brush tops of triangles with egg mixture.
- Bake 20 to 25 minutes or until golden brown.
- Serve warm.
- Garnish with cilantro.

Nutrition Facts

PROTEIN 8.53% FAT 63.06% CARBS 28.41%

Properties

Glycemic Index:9.87, Glycemic Load:5.71, Inflammation Score:-1, Nutrition Score:2.8804347735384%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 152.29kcal (7.61%), Fat: 10.71g (16.48%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.33g (3.76%), Sugar: 0.31g (0.34%), Cholesterol: 13.62mg (4.54%), Sodium: 136.26mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.33mg (6.63%), Manganese: 0.11mg (5.7%), Vitamin B2: 0.08mg (4.82%), Folate: 17.63µg (4.41%), Iron: 0.77mg (4.28%), Vitamin K: 3.39µg (3.22%), Phosphorus: 31.41mg (3.14%), Zinc: 0.35mg (2.34%), Vitamin B6: 0.05mg (2.28%), Fiber: 0.52g (2.1%), Copper: 0.04mg (1.98%), Potassium: 58.36mg (1.67%), Vitamin B12: 0.1µg (1.61%), Magnesium: 6.09mg (1.52%), Vitamin E: 0.2mg (1.37%), Vitamin D: 0.16µg (1.06%)