

Empanadillas

 Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz pork sausage
- ☐ 1 eggs
- ☐ 24 servings cilantro leaves fresh
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.3 cup olive green pitted finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup onion finely chopped
- ☐ 17.3 oz puff pastry frozen thawed

- ☐ 0.3 cup raisins finely chopped
- ☐ 1 teaspoon water

Equipment

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

Directions

- ☐ Heat oven to 400F. 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 63.05%**  **CARBS 28.42%**

Properties

Glycemic Index:9.87, Glycemic Load:5.71, Inflammation Score:-1, Nutrition Score:2.9065217038859%

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: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 152.31kcal (7.62%), Fat: 10.71g (16.48%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.34g (3.76%), Sugar: 0.31g (0.35%), Cholesterol: 13.62mg (4.54%), Sodium: 136.3mg (5.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.33mg (6.64%), Manganese: 0.11mg (5.72%), Vitamin B2: 0.08mg (4.83%), Folate: 17.69µg (4.42%), Iron: 0.77mg (4.29%), Vitamin K: 3.68µg (3.51%), Phosphorus: 31.46mg (3.15%), Zinc: 0.35mg (2.35%), Vitamin B6: 0.05mg (2.28%), Fiber: 0.53g (2.11%), Copper: 0.04mg (1.99%), Potassium: 58.86mg (1.68%), Vitamin B12: 0.1µg (1.61%), Magnesium: 6.12mg (1.53%), Vitamin E: 0.21mg (1.38%), Vitamin D: 0.16µg (1.06%)