



Empanaditas con Papas y Chorizo (Little Empanadas with Potatoes and Chorizo)

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 1 teaspoon cider vinegar
- ☐ 1 large egg white lightly beaten
- ☐ 9 ounces flour all-purpose
- ☐ 2 ounces chorizo fresh
- ☐ 9 tablespoons ice water divided
- ☐ 0.3 teaspoon paprika hot

- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon sugar
- ☐ 8 ounces yukon gold potatoes diced

Equipment

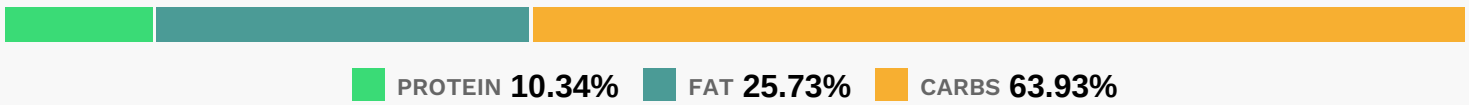
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ potato masher
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and 1/4 teaspoon salt in a food processor; pulse 2 times or until combined.
- ☐ Add butter; pulse 4 times or until mixture resembles coarse meal. With processor on, slowly add 1/2 cup ice water and vinegar through food chute, processing just until combined (do not form a ball). Gently press mixture into 2 (5-inch) circles on plastic wrap; cover. Chill for 1 hour.
- ☐ Remove chorizo from casings. Cook chorizo in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Place potato in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer for 8 minutes or until tender; drain.
- ☐ Place in a large bowl; mash with a potato masher.
- ☐ Add chorizo, paprika, and remaining 1/4 teaspoon salt; stir until well combined.

- ☐ Preheat oven to 42
- ☐ Remove dough from refrigerator, and halve each disc.
- ☐ Place 1 dough portion between 2 sheets of wax paper.
- ☐ Roll into a 1/4-inch thickness; cut 2 (3-inch) circles with a biscuit cutter. Repeat procedure with the remaining dough portions.
- ☐ Combine excess dough, roll to 1/4-inch-thickness, and cut 4 (3-inch) circles with a biscuit cutter. Working with 1 circle at a time (cover remaining circles with a damp towel to prevent drying), spoon 1 tablespoon potato mixture into center of each circle; fold dough over filling. Press edges together with a fork to seal.
- ☐ Place empanadita on a large baking sheet coated with cooking spray. Repeat with remaining dough circles and potato mixture.
- ☐ Combine remaining 1 tablespoon water and egg white. Lightly brush tops of empanaditas with egg mixture.
- ☐ Bake at 425 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:35.49, Glycemic Load:14.94, Inflammation Score:-3, Nutrition Score:4.3295652276796%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.32kcal (6.52%), Fat: 3.7g (5.69%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 19.66g (7.15%), Sugar: 1.23g (1.37%), Cholesterol: 10.86mg (3.62%), Sodium: 161.53mg (7.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin B1: 0.18mg (12.16%), Selenium: 7.86µg (11.23%), Folate: 42.17µg (10.54%), Manganese: 0.18mg (8.81%), Vitamin B2: 0.13mg (7.36%), Vitamin B3: 1.46mg (7.32%), Iron: 1.24mg (6.87%), Vitamin C: 4.58mg (5.55%), Phosphorus: 42.46mg (4.25%), Fiber: 1.01g (4.02%), Vitamin B6: 0.07mg (3.31%), Potassium: 109mg (3.11%), Calcium: 27.56mg (2.76%), Copper: 0.05mg (2.7%), Vitamin A: 132.17IU (2.64%), Magnesium: 9.7mg (2.42%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.21mg (1.41%)