



Fried Empanadas

 Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cumin
- ☐ 4.5 cups flour all-purpose
- ☐ 1.5 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 hard-cooked eggs peeled chopped
- ☐ 1 quart oil for frying or as needed
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped

- ☐ 2 tablespoons paprika
- ☐ 0.5 cup raisins
- ☐ 1 pinch salt
- ☐ 0.5 cup shortening
- ☐ 1.3 cups water or as needed
- ☐ 1 tablespoon vinegar white

Equipment

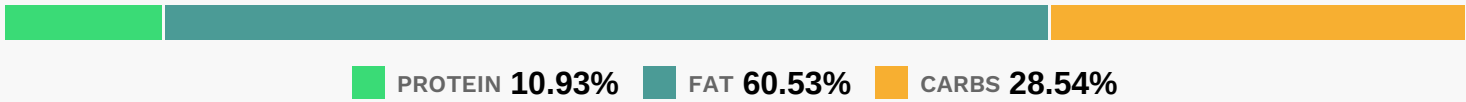
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ In a medium bowl, stir together the flour and salt.
- ☐ Cut in shortening using a pastry blender, or pinching into small pieces using your fingers, until the mixture resembles coarse crumbs. Use a fork to stir in water a few tablespoons at a time, until the mixture forms a ball. Pat into a ball, and flatten slightly. Wrap in plastic wrap and refrigerate for 1 hour.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and cook until tender. Crumble in the beef, and season with salt, paprika, cumin and black pepper. Cook, stirring frequently, until beef is browned.
- ☐ Drain excess grease, and stir in the raisins and vinegar. Refrigerate until chilled, then stir in the hard-cooked eggs.
- ☐ Form the dough into 2 inch balls. On a floured surface, roll each ball out into a thin circle. Spoon some of the meat mixture onto the center, then fold into half-moon shapes. Seal edges by pressing with your fingers.
- ☐ Heat oil in a deep-fryer to 365 degrees F (180 degrees C).
- ☐ Place one or two pies into the fryer at a time. Cook for about 5 minutes, turning once to brown on both sides.

☐ Drain on paper towels, and serve hot.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:14.3, Inflammation Score:-4, Nutrition Score:7.7882608097533%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 294.48kcal (14.72%), Fat: 19.82g (30.49%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.9g (7.24%), Sugar: 0.3g (0.33%), Cholesterol: 35.67mg (11.89%), Sodium: 28.86mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Selenium: 13.57µg (19.38%), Vitamin E: 2.16mg (14.41%), Vitamin B1: 0.21mg (13.87%), Vitamin B3: 2.69mg (13.46%), Folate: 47.67µg (11.92%), Iron: 2.07mg (11.52%), Vitamin B2: 0.19mg (11.38%), Vitamin B12: 0.65µg (10.88%), Manganese: 0.2mg (9.94%), Zinc: 1.44mg (9.62%), Vitamin K: 9.75µg (9.29%), Phosphorus: 83.55mg (8.36%), Vitamin B6: 0.13mg (6.49%), Vitamin A: 312.44IU (6.25%), Fiber: 1.13g (4.51%), Potassium: 154.4mg (4.41%), Copper: 0.07mg (3.54%), Vitamin B5: 0.35mg (3.52%), Magnesium: 13.74mg (3.44%), Calcium: 16.53mg (1.65%)