



Guava and Cheese Empanadas

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 5 tablespoons butter cut into small pieces
- ☐ 6 ounces weight cream cheese fat-free block-style cut into small pieces
- ☐ 1 large egg whites
- ☐ 6 ounces fromage frais cut into small pieces kraft
- ☐ 1 tablespoon skim milk fat-free
- ☐ 3 tablespoons skim milk fat-free
- ☐ 10 ounces flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 ounces guava cut into 48 pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons sugar

Equipment

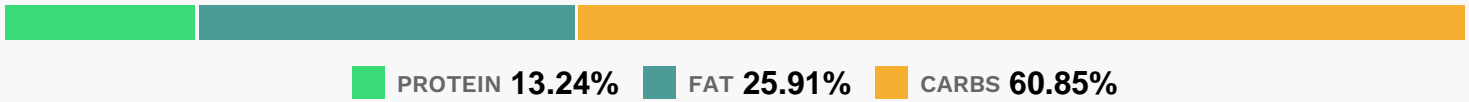
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare dough, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1/3 cup sugar, baking powder, and salt in a food processor; pulse to combine.
- ☐ Add butter and cream cheese; pulse 4 times or until mixture resembles coarse meal. With processor on, add 3 tablespoons milk through food chute, processing just until dough forms a ball. Press mixture gently into a 4-inch circle on plastic wrap; cover. Chill for 1 hour.
- ☐ To prepare filling, wipe food processor clean with a paper towel.
- ☐ Combine 1/4 cup sugar and farmer's cheese in processor; process 1 minute or until well blended. Cover and chill.
- ☐ Combine 1 tablespoon milk and egg white in a small bowl; set aside.
- ☐ Preheat oven to 42

- ☐ Roll dough to a 1/8-inch thickness on a heavily floured surface; cut with a 3-inch biscuitcutter into 24 circles. Discard any remaining dough scraps. Spoon about 2 teaspoons cheese mixture onto half of each circle; place 2 pieces guava paste on cheese, leaving a 1/2-inch border.
- ☐ Brush egg mixture around edges of each circle. Fold dough over filling; press edges together with a fork or fingers to seal.
- ☐ Place empanadas on 2 baking sheets coated with cooking spray; brush tops of empanadas with remaining egg mixture.
- ☐ To prepare topping, combine 3 tablespoons sugar and cinnamon in a small bowl; sprinkle sugar mixture evenly over empanadas.
- ☐ Bake at 425 for 10 minutes or until golden.
- ☐ Remove from oven; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:46.98, Glycemic Load:22.85, Inflammation Score:-4, Nutrition Score:7.3695652847705%

Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 6.47g (9.95%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 32.72g (11.9%), Sugar: 15.08g (16.75%), Cholesterol: 19.07mg (6.36%), Sodium: 258.5mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin C: 32.32mg (39.18%), Folate: 55.53µg (13.88%), Selenium: 9.58µg (13.68%), Vitamin B1: 0.2mg (13.59%), Phosphorus: 114.36mg (11.44%), Vitamin B2: 0.18mg (10.76%), Manganese: 0.2mg (10.02%), Vitamin B3: 1.59mg (7.96%), Calcium: 69.93mg (6.99%), Iron: 1.19mg (6.59%), Fiber: 1.45g (5.79%), Vitamin A: 252.18IU (5.04%), Potassium: 138.67mg (3.96%), Copper: 0.07mg (3.68%), Vitamin B5: 0.32mg (3.16%), Magnesium: 12.53mg (3.13%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.18µg (2.93%), Vitamin B6: 0.04mg (1.82%), Vitamin E: 0.26mg (1.72%)