



Guava Empanadas

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese
- 1 large eggs
- 14 ounce empanada wrappers frozen thawed
- 0.8 cup guava paste
- 1 juice of lime grated
- 1 tablespoon sugar
- 10 servings vegetable oil for frying

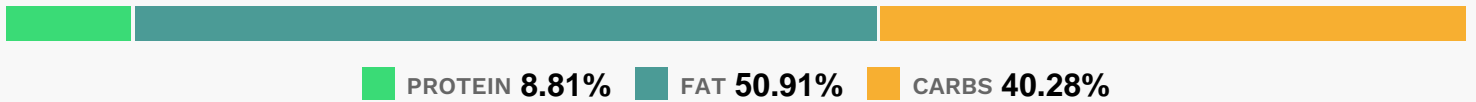
Equipment

- food processor
- paper towels
- sauce pan
- kitchen thermometer

Directions

- Pulse the cream cheese, egg, sugar, lime zest and lime juice in a food processor until smooth.
- Put 1 tablespoon guava paste in the center of each empanada wrapper, then top with 1 tablespoon of the cream cheese mixture. Fold the dough over the filling and press the edges with a fork to seal.
- Heat about 1 1/2 inches vegetable oil in a wide saucepan until a deep-fry thermometer registers 350 degrees F. Working in batches, fry the empanadas until golden brown, 2 to 3 minutes per side. (Return the oil to 350 degrees F between batches.)
- Drain on a paper towel-lined plate. Dust with confectioners' sugar.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:1.89, Inflammation Score:-4, Nutrition Score:4.5521739565808%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.21kcal (11.71%), Fat: 13.68g (21.05%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 22.68g (8.25%), Sugar: 3.22g (3.58%), Cholesterol: 41.51mg (13.84%), Sodium: 257.24mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin C: 29.11mg (35.29%), Iron: 1.58mg (8.76%), Vitamin A: 410.31IU (8.21%), Fiber: 1.67g (6.69%), Vitamin K: 5.98µg (5.7%), Selenium: 3.57µg (5.1%), Vitamin B2: 0.08mg (4.74%), Phosphorus: 39.54mg (3.95%), Vitamin E: 0.57mg (3.82%), Calcium: 27.46mg (2.75%), Folate: 10.75µg (2.69%), Vitamin B5: 0.27mg (2.65%), Potassium: 91.97mg (2.63%), Copper: 0.04mg (1.85%),

Vitamin B6: 0.04mg (1.8%), Vitamin B12: 0.09µg (1.57%), Magnesium: 5.6mg (1.4%), Zinc: 0.21mg (1.39%),
Manganese: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.08%)