



Jim's Kidney Bean Empanadas



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



14

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium carrots diced
- ☐ 0.5 C earth balance spread [dairy-free margarine]
- ☐ 2 Tbsp olive oil extra virgin (EVOO)
- ☐ 2 cans eden kidney beans drained
- ☐ 1 medium onion chopped
- ☐ 1 large parsnips diced
- ☐ 0.5 tsp salt
- ☐ 0.5 C tahini

- ☐ 2 Tbsp tamari sauce
- ☐ 10 Tbsp water cold
- ☐ 2 C pastry flour whole wheat

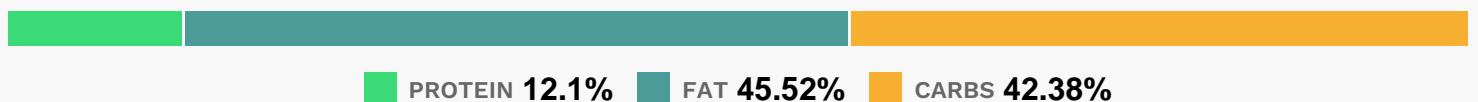
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wax paper

Directions

- ☐ Preheat oven to 350 degrees
- ☐ Chop and dice veggies. Sauté them slowly and gently in 2 Tbsp EVOO to bring out their sweetness. When veggies are tender, add drained kidney beans and 2-3 Tbsp (to taste)) tamari. Simmer while you make the crust.
- ☐ Mix the whole wheat flour and salt and cut in the Earth Balance and tahini.
- ☐ Mix well by hand.
- ☐ Add approximately 10 Tbsp water and knead well. Adjust by feel (earlobes if necessary) to get good elasticity.
- ☐ Roll out the dough. You can either roll out the entire batch or divide batch in half and do one half at a time. I roll it between two sheets of wax paper to make it easier to handle.
- ☐ Cut into circles about 4¾" in diameter. I use an upturned jar to make the circles. Remainders can be re-formed and re-rolled until all dough is all used up. Spoon about three Tbsp of filling onto each circle and fold over into a crescent. Press empanadas closed with your finger and thumb. Press with a fork to make a decorative edge.
- ☐ Lay empanadas onto shallow, greased pan (or two). Put in 350 degree oven, and bake for about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:13.273478269577%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 235.68kcal (11.78%), Fat: 12.43g (19.13%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 20.22g (7.35%), Sugar: 1.51g (1.67%), Cholesterol: 0mg (0%), Sodium: 290.9mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.87%), Manganese: 0.97mg (48.26%), Vitamin A: 1771.5IU (35.43%), Fiber: 5.82g (23.28%), Selenium: 14.24µg (20.34%), Vitamin B1: 0.3mg (20.02%), Phosphorus: 196.48mg (19.65%), Folate: 73.4µg (18.35%), Copper: 0.32mg (16.01%), Vitamin E: 2.21mg (14.7%), Magnesium: 53.88mg (13.47%), Iron: 2.23mg (12.37%), Vitamin K: 12.68µg (12.08%), Potassium: 334.12mg (9.55%), Vitamin B3: 1.81mg (9.07%), Zinc: 1.34mg (8.91%), Vitamin B6: 0.16mg (8.1%), Vitamin C: 3.77mg (4.57%), Vitamin B2: 0.08mg (4.47%), Calcium: 37.49mg (3.75%), Vitamin B5: 0.29mg (2.91%)