



Masa de Empanadas (Empanada Dough)

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon apple cider vinegar
- 2 cups flour all-purpose divided
- 6 tablespoons water
- 2 tablespoons powdered sugar
- 0.5 teaspoon salt
- 0.5 cup shortening

Equipment

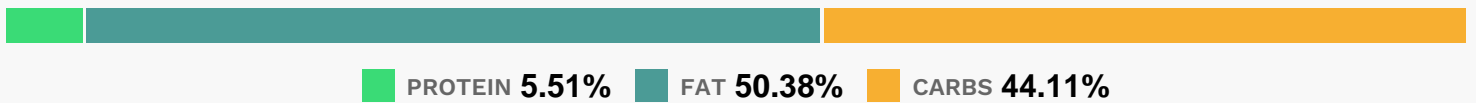
- bowl

- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine 1/2 cup flour, water, and vinegar, stirring with a whisk until well blended to form a slurry.
- Combine 1 1/2 cups flour, sugar, and salt in a bowl, stirring with a whisk; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add slurry; toss with a fork until flour mixture is moist.
- Gently press mixture into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- Roll the dough, still covered, into an 18 x 12-inch rectangle; freeze 10 minutes or until plastic wrap can be easily removed.
- Remove 2 sheets plastic wrap, and place dough on a lightly floured surface; let stand 1 minute.
- Cut dough as directed according to the specific recipe. Chill dough until ready to use.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:138.04, Inflammation Score:-8, Nutrition Score:35.97434839995%

Nutrients (% of daily need)

Calories: 1879.39kcal (93.97%), Fat: 104.95g (161.46%), Saturated Fat: 26.01g (162.58%), Carbohydrates: 206.79g (68.93%), Net Carbohydrates: 200.04g (72.74%), Sugar: 16.34g (18.16%), Cholesterol: 0mg (0%), Sodium: 1176.91mg (51.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.65%), Vitamin B1: 1.98mg (132.2%), Selenium: 84.85µg (121.22%), Folate: 457.5µg (114.38%), Manganese: 1.72mg (86.05%), Vitamin B3: 14.76mg (73.8%), Vitamin B2: 1.24mg (72.83%), Iron: 11.7mg (65.01%), Vitamin K: 55.28µg (52.65%), Vitamin E: 6.43mg (42.89%), Phosphorus:

270.4mg (27.04%), Fiber: 6.75g (27%), Copper: 0.38mg (18.84%), Vitamin B5: 1.79mg (17.92%), Magnesium: 56.18mg (14.05%), Zinc: 1.77mg (11.77%), Potassium: 271.71mg (7.76%), Vitamin B6: 0.11mg (5.55%), Calcium: 42.46mg (4.25%)