



HEALTH SCORE

100%

Meat Lite: Leftovers Empanadas



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**14015 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup gravy
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 60 inch pie crust dough homemade (packaged or , if you still have it in you to tough it out in the kitchen)
- ☐ 1 cup potatoes boiled cooked mashed (, scalloped, , roasted and chopped- whatever your tradition)
- ☐ 0.5 cup salsa homemade jarred your favorite (or variety)
- ☐ 2 spring onion thinly sliced
- ☐ 1 cup turkey meat shredded packed
- ☐ 1 cup vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Arrange the dough rounds in a single layer and cover with a damp cloth to prevent drying.
- ☐ Mix the shredded turkey and salsa together in a small bowl.
- ☐ Spread a heaping teaspoon of potatoes in the middle of each round.
- ☐ Sprinkle with scallions and top with a heaping spoonful of the turkey mixture. Divide the cheese amongst each empanada.
- ☐ Working one at a time, fold the dough round in half over the filling so that the edges of each side meet. Press the edges together and then close them either by pressing with the tines of a fork or by pinching and folding the dough on itself to create a roped edge. (Adjust the amount of filling if necessary so it's not bursting from the seams.)
- ☐ Pour about an inch of oil into a Dutch oven, heavy-bottomed saucepot or high straight-sided frying pan.
- ☐ Heat the oil to about 375°F on a deep-fry thermometer, or until a steady stream of bubbles forms around the handle of a wooden spoon in the hot oil.
- ☐ Gently lower the empanadas into the hot oil to avoid splashes. Fry in batches of 3 or 4, depending on the size of your pot, flipping with a slotted spoon so that each side cooks to golden brown, about 1 to 2 minutes per side.
- ☐ Transfer to a paper towel-lined plate until all of the empanadas are cooked.

Nutrition Facts



 **PROTEIN 5.8%**  **FAT 51.9%**  **CARBS 42.3%**

Properties

Glycemic Index:35.69, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:78.742608842642%

Flavonoids

Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 14015.46kcal (700.77%), Fat: 802.88g (1235.21%), Saturated Fat: 252.28g (1576.75%), Carbohydrates: 1472.09g (490.7%), Net Carbohydrates: 1395.2g (507.34%), Sugar: 2.45g (2.72%), Cholesterol: 51.04mg (17.01%), Sodium: 12833.82mg (557.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 201.81g (403.61%), Manganese: 13.39mg (669.7%), Vitamin B1: 8.33mg (555.23%), Folate: 2121.09µg (530.27%), Iron: 79.14mg (439.68%), Vitamin B3: 84.81mg (424.05%), Vitamin B2: 5.31mg (312.34%), Fiber: 76.9g (307.58%), Selenium: 183.51µg (262.15%), Vitamin K: 254.54µg (242.42%), Phosphorus: 2394.92mg (239.49%), Vitamin B5: 12.73mg (127.3%), Magnesium: 485.25mg (121.31%), Copper: 2.37mg (118.48%), Zinc: 15.24mg (101.57%), Vitamin E: 15.23mg (101.54%), Vitamin B6: 1.97mg (98.32%), Potassium: 3336.65mg (95.33%), Calcium: 805.06mg (80.51%), Vitamin C: 12.09mg (14.65%), Vitamin B12: 0.67µg (11.16%), Vitamin A: 475.38IU (9.51%), Vitamin D: 0.24µg (1.6%)