



Meaty Empanadas

READY IN



65 min.

SERVINGS



30

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 22.5 ounce biscuits refrigerated canned
- ☐ 1.5 tablespoons cajun spice
- ☐ 8 ounce tomato sauce canned
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 0.8 pound ground beef
- ☐ 0.3 pound sausage sweet italian
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 30 servings toppings: salsa and cream sour

- ☐ 1 large onion diced sweet
- ☐ 30 servings vegetable oil

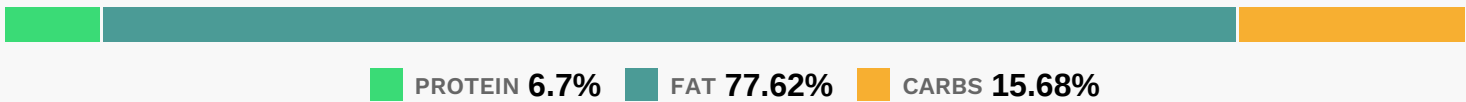
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook ground beef and sausage in a large skillet over medium heat, stirring until mixture crumbles and is no longer pink.
- ☐ Drain and set aside, reserving 2 tablespoons drippings in skillet.
- ☐ Saut onion in hot drippings 5 minutes or until tender.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Return beef mixture to skillet; stir in tomato sauce and Cajun seasoning. Simmer, stirring occasionally, 8 minutes or until liquid evaporates. Cool completely. Stir in cheese. Cover and chill thoroughly.
- ☐ Roll biscuits into 4-inch circles on a lightly floured surface. Spoon 1 tablespoon beef mixture in center of each circle; brush edges with egg. Fold edges over, pressing with a fork to seal.
- ☐ Place on baking sheets, and cover with a damp cloth. Chill up to 2 hours, if desired.
- ☐ Pour oil to a depth of 1/2 inch into a Dutch oven. Fry empanadas in hot oil, in batches, 30 seconds on each side or until golden.
- ☐ Drain on paper towels; serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:6.71, Inflammation Score:-4, Nutrition Score:6.9439130606859%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 311.07kcal (15.55%), Fat: 27.2g (41.85%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.71g (4.26%), Sugar: 2.15g (2.39%), Cholesterol: 35.97mg (11.99%), Sodium: 290.47mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin K: 27.88µg (26.55%), Phosphorus: 145.35mg (14.54%), Vitamin E: 1.85mg (12.31%), Selenium: 8.44µg (12.06%), Vitamin B2: 0.16mg (9.36%), Vitamin A: 449.69IU (8.99%), Vitamin B1: 0.13mg (8.83%), Vitamin B3: 1.63mg (8.13%), Iron: 1.23mg (6.81%), Vitamin B12: 0.36µg (6.05%), Manganese: 0.11mg (5.59%), Zinc: 0.83mg (5.53%), Folate: 21.91µg (5.48%), Vitamin B6: 0.1mg (5.09%), Potassium: 164.72mg (4.71%), Calcium: 42.28mg (4.23%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (3.18%), Magnesium: 11.01mg (2.75%), Fiber: 0.66g (2.64%), Vitamin D: 0.31µg (2.04%), Vitamin C: 1.33mg (1.61%)