



Mexican Pumpkin Empanadas



Dairy Free



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



374 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 4 cups pumpkin pure canned
- ☐ 1 eggs beaten
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable shortening
- ☐ 1 cup warm water
- ☐ 1 cup sugar white

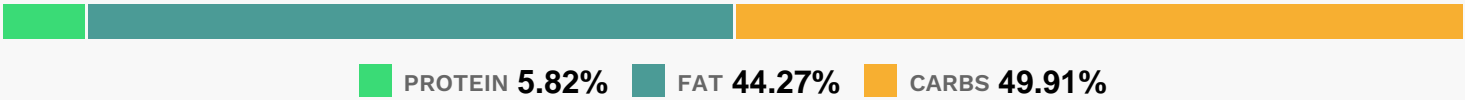
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
- ☐ In a large bowl, whisk the flour, 1/3 cup of sugar, and 1 1/2 teaspoons of salt together.
- ☐ Cut the shortening into the flour mixture until it resembles coarse crumbs; stir the water in, about 2 tablespoons at a time, just until you can gather the dough together. Knead the dough a few times in the bowl, then scrape it out onto a floured surface.
- ☐ Cut the dough in quarters, and cut each quarter into thirds to make 12 equal portions.
- ☐ Roll the portions into balls. Cover the dough balls with a cloth, and allow to rest while you make the filling.
- ☐ Mix the pumpkin, 2 eggs, 1 cup of sugar, 1 teaspoon of salt, cinnamon, ginger, and cloves together until smooth. On a floured surface, roll each dough ball out into a thin circle about 6 inches across; spoon about 1/3 cup of filling into the center of the dough circle. Fold the dough over the filling to make a half-moon shaped pie, and crimp the edges of the crust together with a fork, leaving little fork lines in the dough. Gently lay the empanadas onto the prepared baking sheets.
- ☐ Brush the top of each pie with beaten egg.
- ☐ Bake in the preheated oven until the filling is hot and the crusts are shiny and browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:28.91, Inflammation Score:-10, Nutrition Score:14.236521726069%

Nutrients (% of daily need)

Calories: 373.88kcal (18.69%), Fat: 18.74g (28.83%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 44.13g (16.05%), Sugar: 19.47g (21.63%), Cholesterol: 40.92mg (13.64%), Sodium: 225.09mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin A: 12770.1IU (255.4%), Manganese: 0.49mg (24.42%), Vitamin K: 22.48µg (21.41%), Selenium: 14.5µg (20.72%), Vitamin B1: 0.27mg (18.2%), Folate: 72.21µg (18.05%), Iron: 2.87mg (15.96%), Vitamin B2: 0.25mg (14.85%), Vitamin E: 2.06mg (13.74%), Fiber: 3.4g (13.59%), Vitamin B3: 2.17mg (10.87%), Phosphorus: 86.47mg (8.65%), Vitamin B5: 0.75mg (7.5%), Copper: 0.15mg (7.34%), Magnesium: 27.93mg (6.98%), Potassium: 221.37mg (6.32%), Vitamin C: 3.44mg (4.17%), Calcium: 41.25mg (4.12%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.52mg (3.44%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)