



WHATSheATE



Picadillo Arepa Pie

READY IN



60 min.

SERVINGS



4

CALORIES



625 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup flour white
- ☐ 1 garlic clove minced
- ☐ 1 pound ground beef
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 0.3 cup pimiento stuffed olives green chopped
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup tomato sauce
- ☐ 0.5 stick butter unsalted cold cut into small pieces
- ☐ 0.5 cup water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Cook onion and garlic in oil with 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet over medium-low heat, stirring, until onion is softened, 3 to 5 minutes.
- ☐ Add beef and cook over medium heat, stirring and breaking up lumps, just until no longer pink. Stir in remaining ingredients with 1/4 teaspoon salt and 1/8 teaspoon pepper and simmer, stirring occasionally, until thickened, 10 to 15 minutes.
- ☐ Transfer to a 1 1/2- to 2-quart gratin or other shallow baking dish.
- ☐ Stir together flours, baking powder, baking soda, and salt. Blend in butter using a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk, stirring just until dough is moistened (do not overmix). Dollop over picadillo and bake until topping is golden and cooked through, about 20 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Picadillo can be made 1 day ahead and chilled. Reheat before adding topping.

Nutrition Facts



 **PROTEIN 16.26%**  **FAT 58.76%**  **CARBS 24.98%**

Properties

Glycemic Index:110.95, Glycemic Load:23.43, Inflammation Score:-7, Nutrition Score:20.043478219405%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 625.48kcal (31.27%), Fat: 40.97g (63.04%), Saturated Fat: 17.57g (109.78%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 36.19g (13.16%), Sugar: 5.15g (5.72%), Cholesterol: 115.83mg (38.61%), Sodium: 800.12mg (34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Vitamin B12: 2.66µg (44.3%), Selenium: 30.07µg (42.96%), Vitamin B3: 7.31mg (36.53%), Zinc: 5.33mg (35.54%), Phosphorus: 305.86mg (30.59%), Vitamin B2: 0.46mg (27.07%), Iron: 4.68mg (26.01%), Vitamin B6: 0.5mg (25.22%), Vitamin B1: 0.35mg (23.59%), Manganese: 0.39mg (19.49%), Folate: 77.73µg (19.43%), Potassium: 664.95mg (19%), Calcium: 163.62mg (16.36%), Vitamin E: 2.35mg (15.63%), Vitamin A: 661.92IU (13.24%), Fiber: 3g (12%), Copper: 0.24mg (11.88%), Magnesium: 45.58mg (11.39%), Vitamin B5: 1.08mg (10.8%), Vitamin C: 5.99mg (7.26%), Vitamin K: 6.97µg (6.64%), Vitamin D: 0.91µg (6.07%)