



Picadillo Empanadas

 Dairy Free

READY IN



69 min.

SERVINGS



36

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon almonds toasted sliced chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons golden raisins
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 jalapeno minced seeded

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons pimienta-stuffed olives chopped
- ☐ 30 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 12 ounce recipe crumbles burger-style

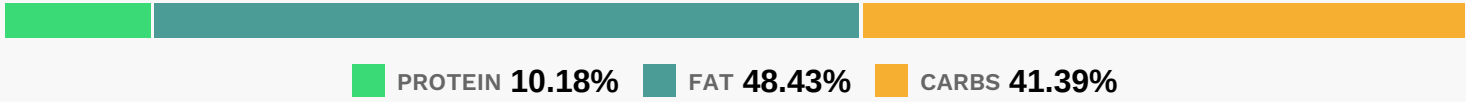
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add crumbles and next 3 ingredients. Cook 3 to 4 minutes, stirring often.
- ☐ Add raisins and next 7 ingredients; cook 3 minutes.
- ☐ Roll each crust to 1/8-inch thickness.
- ☐ Cut 9 circles out of each crust, using a 4- inch cookie cutter. Spoon 1 heaping tablespoonful mixture into center of each circle. Moisten edges of dough with water. Fold over and press edges of dough with a fork to seal.
- ☐ Place on a baking sheet coated with cooking spray. Lightly coat tops of empanadas with cooking spray.
- ☐ Bake at 425 for 14 minutes or until lightly browned.
- ☐ Serve with chutney, salsa, or sour cream.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:3.5865217233482%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 127.99kcal (6.4%), Fat: 6.89g (10.61%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 12.09g (4.4%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 144.15mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin B12: 0.78µg (13.07%), Vitamin B1: 0.18mg (12.23%), Vitamin B3: 1.77mg (8.83%), Iron: 1.15mg (6.4%), Manganese: 0.12mg (6.04%), Vitamin B6: 0.1mg (4.82%), Fiber: 1.17g (4.69%), Folate: 17.11µg (4.28%), Phosphorus: 39.17mg (3.92%), Vitamin B2: 0.06mg (3.76%), Selenium: 1.39µg (1.98%), Vitamin K: 1.95µg (1.86%), Vitamin C: 1.33mg (1.61%), Potassium: 54.33mg (1.55%), Zinc: 0.23mg (1.52%), Vitamin E: 0.23mg (1.51%), Copper: 0.03mg (1.3%), Magnesium: 5mg (1.25%), Vitamin B5: 0.1mg (1.02%)