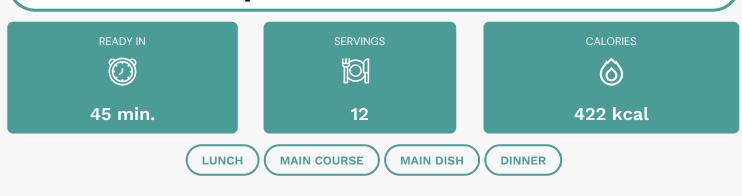


# Picadillo Empañadas with Cornmeal Crust

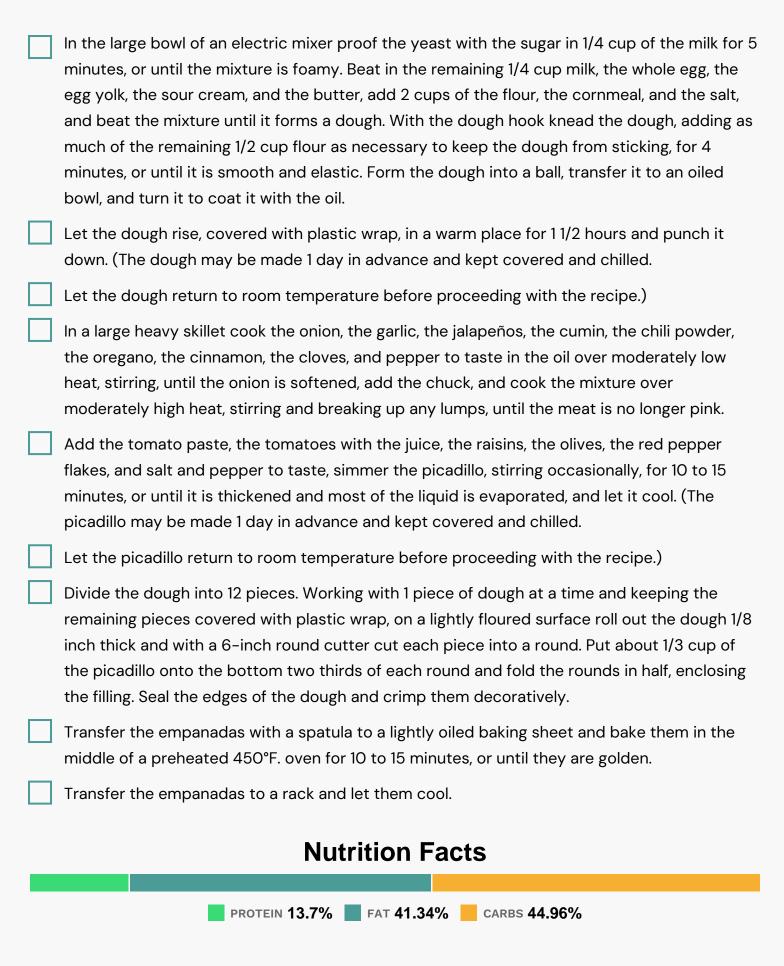


## **Ingredients**

2 large pepper flakes fillineed seeded drained (wear rubber gloves)
2 teaspoons garlic minced
O.8 teaspoons salt
1.3 cups cornmeal yellow
1 pinch ground cloves
0.5 teaspoon cinnamon
0.5 cup milk lukewarm
0.3 cup tomato paste
2 large pepper flakes minced seeded drained (wear rubber gloves)

	1 large egg yolk beaten
	0.3 cup raisins
	1 large eggs whole beaten
	1 tablespoon chili powder
	2 teaspoons ground cumin
	1.5 tablespoons sugar
	2.5 cups flour all-purpose
	12 servings pepper dried red hot to taste
	0.5 cup olives green finely chopped ()
	2 tablespoons vegetable oil
	28 ounce canned tomatoes chopped canned
	1 pound ground beef
	0.3 cup cream sour
	2.5 teaspoons yeast dry
	1 teaspoon oregano dried crumbled
	1.3 cups onion finely chopped
	5 tablespoons butter unsalted cooled melted
Equipment	
	bowl
	frying pan
	baking sheet
	oven
	plastic wrap
	hand mixer
	spatula

# **Directions**



### **Properties**

Glycemic Index:46.28, Glycemic Load:27.12, Inflammation Score:-9, Nutrition Score:20.199999912925%

#### **Flavonoids**

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Myricetin: 0.01mg, Myr

### Nutrients (% of daily need)

Calories: 421.99kcal (21.1%), Fat: 19.82g (30.49%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 42.52g (15.46%), Sugar: 7.88g (8.76%), Cholesterol: 75.17mg (25.06%), Sodium: 451.06mg (19.61%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 14.78g (29.55%), Vitamin C: 30.55mg (37.03%), Vitamin B1: 0.44mg (29.35%), Manganese: 0.58mg (29.19%), Vitamin A: 1433.71IU (28.67%), Selenium: 19.68µg (28.11%), Vitamin B6: 0.54mg (27.18%), Vitamin B3: 5.4mg (27.02%), Iron: 4.67mg (25.97%), Fiber: 5.97g (23.9%), Folate: 93.04µg (23.26%), Vitamin B2: 0.38mg (22.06%), Phosphorus: 210.51mg (21.05%), Vitamin E: 3.11mg (20.71%), Zinc: 2.91mg (19.43%), Potassium: 641.33mg (18.32%), Copper: 0.33mg (16.41%), Vitamin B12: 0.95µg (15.87%), Magnesium: 61.08mg (15.27%), Vitamin K: 15.81µg (15.06%), Vitamin B5: 0.94mg (9.36%), Calcium: 87.32mg (8.73%), Vitamin D: 0.4µg (2.65%)