



## Picadillo Empanaditas

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



120 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon capers chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons bell pepper green finely chopped
- ☐ 0.3 pound ground round
- ☐ 0.5 teaspoon bottled habanero sauce
- ☐ 3 tablespoons onion finely chopped
- ☐ 2 tablespoons pimento diced
- ☐ 3 tablespoons raisins chopped

- ☐ 10 ounce pizza crust refrigerated canned
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon tomato paste

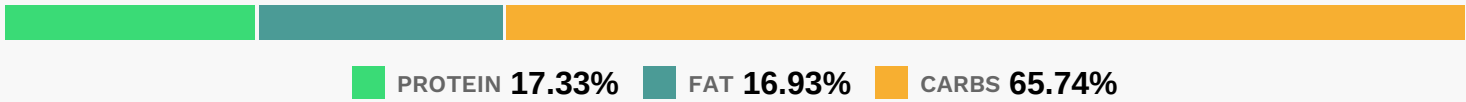
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 42
- ☐ Cook beef in a small nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain well, and return beef to pan.
- ☐ Add onion, bell pepper, and garlic, and saut 5 minutes or until tender.
- ☐ Remove from heat, and stir in raisins and next 5 ingredients (raisins through salt).
- ☐ Divide the pizza crust dough into 18 portions; cover dough, and let rest 5 minutes. Shape each dough portion into a ball, and roll each portion into a 3-inch circle on a lightly floured surface. Spoon 2 level teaspoons of beef mixture onto half of each dough circle. Moisten edges of dough with water. Fold dough over beef filling, and press edges together to seal.
- ☐ Place empanaditas on a large baking sheet coated with cooking spray. Lightly coat tops of empanaditas with cooking spray.
- ☐ Bake at 425 for 10 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:28.98, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:2.7921739408503%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 119.62kcal (5.98%), Fat: 2.3g (3.54%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.02g (6.91%), Sugar: 2.52g (2.8%), Cholesterol: 8.19mg (2.73%), Sodium: 309.29mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Vitamin C: 7.4mg (8.97%), Iron: 1.42mg (7.92%), Vitamin B12: 0.28µg (4.64%), Fiber: 1.11g (4.44%), Zinc: 0.65mg (4.32%), Vitamin B6: 0.09mg (4.26%), Vitamin B3: 0.8mg (4.02%), Potassium: 119.03mg (3.4%), Selenium: 2.3µg (3.28%), Phosphorus: 31.41mg (3.14%), Vitamin A: 131.01IU (2.62%), Vitamin B2: 0.04mg (2.21%), Copper: 0.04mg (2.04%), Manganese: 0.04mg (1.9%), Magnesium: 6.08mg (1.52%), Vitamin B1: 0.02mg (1.13%), Vitamin E: 0.17mg (1.11%), Vitamin K: 1.15µg (1.09%)