

Pork Empanada

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper seeded chopped (and)
- 0.5 lb pork loin diced boneless (depends on just how meaty you want it)
- 16 ounce black beans canned
- 1 chorizo sausage cut (I used 6 oz.)
- 0.8 cup regular corn
- 9 ounces cornmeal
- 3 ounces canadian bacon diced (Canadian bacon works, too)
- 1 eggs for glaze

- 2 eggs beaten
- 9 ounces flour all-purpose
- 2 tablespoons parsley fresh chopped
- 4 garlic clove chopped
- 2 tablespoons cooking oil
- 5 tablespoons olive oil
- 2 onion chopped
- 1 teaspoon paprika
- 8 servings bell pepper
- 1 pinch saffron threads
- 1 teaspoon salt
- 8 servings salt
- 1 teaspoon sugar
- 7 ounces tomatoes diced
- 1 cup water (scant)
- 0.8 cup wine
- 2 teaspoons yeast

Equipment

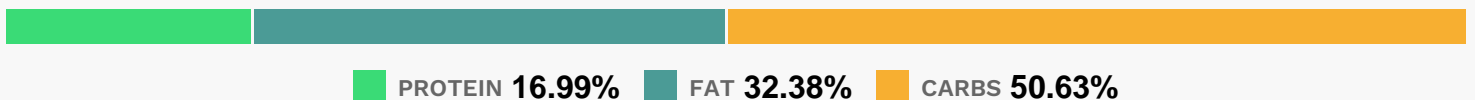
- food processor
- bowl
- frying pan
- oven
- roasting pan

Directions

- Make filling:.
- Heat 4 T oil in a frying pan and fry the onions, adding the garlic when onions begin to color. Set aside.

- Add pork loin and ham to the frying pan and fry till colored, stirring. Set aside (add to onions and garlic).
- Add 1 T oil, sausage and the peppers to the pan and fry.
- Add to cooked pork and onions. Deglaze the pan with the wine, allowing it to bubble and reduce. Return all the ingredients to the skillet.
- Add the tomatoes, saffron, paprika and parsley and season with salt and pepper. Cook gently for 20–30 minutes, leave to cool. Meanwhile, make the dough.
- Put the cornmeal into a food processor.
- Add the dried yeast with the sugar. Gradually add the flour, salt, water, oil and 2 eggs and beat, to make a smooth, soft dough. Turn the dough into a clean bowl, cover with a dishtowel and leave in a warm place for 40–50 minutes to rise. preheat oven to 40
- Grease a shallow roasting pan or 12x8 dish. Halve the dough, roll out one half on a floured surface, a little larger than the pan. Lift this into place, leaving a border hanging over the edge. Spoon in the filling. roll out the other half of dough and lay in place. Fold the outside edge of bottom crust over the top and press gently all around edges. Prick the surface and brush with beaten egg.
- Bake pie for 30–35 minutes.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:70.01, Glycemic Load:35.51, Inflammation Score:-10, Nutrition Score:32.30043463085%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 573.89kcal (28.69%), Fat: 20.27g (31.19%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 71.33g (23.78%), Net Carbohydrates: 60.21g (21.89%), Sugar: 7.64g (8.49%), Cholesterol: 92.85mg (30.95%), Sodium: 847.89mg (36.86%), Alcohol: 2.32g (100%), Alcohol %: 0.71% (100%), Protein: 23.93g (47.86%), Vitamin C: 126.1mg (152.85%), Vitamin A: 3401.6IU (68.03%), Vitamin B1: 0.81mg (54.16%), Folate: 185.47µg (46.37%), Vitamin B6: 0.9mg (44.89%), Fiber: 11.12g (44.48%), Selenium: 29.61µg (42.3%), Manganese: 0.81mg (40.68%), Phosphorus: 350.69mg (35.07%), Vitamin B3: 7.01mg (35.04%), Vitamin B2: 0.54mg (31.68%), Vitamin K: 31.2µg (29.71%), Iron: 5mg (27.77%), Vitamin E: 3.89mg (25.92%), Magnesium: 96.42mg (24.1%), Potassium: 836.78mg (23.91%), Zinc: 2.92mg (19.49%), Copper: 0.33mg (16.5%), Vitamin B5: 1.54mg (15.41%), Calcium: 64.13mg (6.41%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.74µg (4.94%)