

## Pork Empanadas

READY IN



225 min.

SERVINGS



16

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 bay leaves
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 2 cloves garlic
- 1 teaspoon ground cumin
- 0.8 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.5 cup milk

- 1 onion quartered
- 1 teaspoon oregano dried
- 2 pounds pork butt
- 1 cup salsa
- 0.3 teaspoon salt
- 0.5 cup frangelico
- 0.5 cup frangelico

## Equipment

- bowl
- baking sheet
- oven
- pot
- baking pan
- rolling pin

## Directions

- Place pork in a large pot and cover with water.
- Add onion, garlic, salt, oregano, cumin and bay leaves. Bring to a boil, reduce heat and simmer for 1 1/2 hours. While pork is cooking, prepare dough.
- To make the dough: Sift together the flour, masa harina, baking powder and salt.
- Add the shortening to the dry ingredients and mix well. In a separate bowl, beat together the egg and 1/2 cup milk. Make a well in the center of the dry ingredients.
- Add the egg mixture and stir with a fork until the dough comes together in a ball. Divide the dough into 16 even pieces and roll each piece into a ball.
- Place in a container, cover, and refrigerate.
- Preheat oven to 375 degrees F (190 degrees C).
- After the pork has simmered for 1 1/2 hours, remove from liquid.
- Place pork in a baking dish and bake for 1 hour or until meat shreds easily with fork.

- Remove from oven (keep oven turned on) and shred into small pieces.
- Add salsa to shredded pork.
- Lightly grease a baking sheet.
- On lightly floured surface, flatten a piece of dough with the palm of your hand. With a rolling pin, roll out the dough to make a 5-inch circle about 1/8-inch thick.
- Place 2 to 3 tablespoons of filling in the center of the dough circle.
- Brush edges of dough with milk. Fold dough over filling. Pinch edges together. Crimp with fork to seal.
- Place on prepared baking sheet and repeat with remaining empanada dough. Leftover filling can be frozen or used in tacos, tamales, or burritos.
- Bake in preheated oven until golden, about 20 minutes.
- Remove to rack and cool for about 5 minutes.
- Serve warm.

## Nutrition Facts

**PROTEIN 34.9%**

**FAT 24.45%**

**CARBS 40.65%**

### Properties

Glycemic Index:17, Glycemic Load:6.85, Inflammation Score:-4, Nutrition Score:10.604782710905%

### Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

### Nutrients (% of daily need)

Calories: 154.5kcal (7.73%), Fat: 4.14g (6.37%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.33g (5.21%), Sugar: 1.33g (1.48%), Cholesterol: 45.16mg (15.05%), Sodium: 214.18mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Vitamin B1: 0.5mg (33.54%), Selenium: 21.95µg (31.35%), Vitamin B2: 0.35mg (20.61%), Vitamin B3: 3.92mg (19.62%), Vitamin B6: 0.38mg (18.94%), Phosphorus: 165.84mg (16.58%), Zinc: 2.21mg (14.72%), Iron: 1.92mg (10.69%), Vitamin B5: 1.07mg (10.65%), Vitamin B12: 0.58µg (9.69%), Folate: 36.21µg (9.05%), Potassium: 291.44mg (8.33%), Manganese: 0.16mg (7.87%), Magnesium: 25.36mg (6.34%), Calcium: 52.67mg (5.27%), Copper: 0.1mg (5.14%), Fiber: 1.15g (4.58%), Vitamin D: 0.48µg (3.19%), Vitamin E: 0.4mg (2.68%), Vitamin A: 121.3IU (2.43%), Vitamin K: 1.57µg (1.49%), Vitamin C: 0.95mg (1.15%)