



## Pork Picadillo Empanadas

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14.5 ounce canned tomatoes   diced undrained canned
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon chili powder
- ☐ 1 Dash cloves
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno   minced seeded
- ☐ 0.8 pound pork tenderloin   trimmed cut into 1/2-inch pieces

- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 12 savory cornmeal-whole wheat dough circles

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and jalapeo; saut 4 minutes or until tender. Stir in chili powder and next 4 ingredients (through cloves); cook 1 minute.
- ☐ Add pork; saut 5 minutes or until pork is browned on all sides. Stir in raisins, tomato paste, salt, and tomatoes. Reduce heat, and simmer for 10 minutes or until most of liquid evaporates. Cool slightly.
- ☐ Preheat oven to 42
- ☐ Place the Savory Cornmeal-Whole Wheat Dough circles on lightly floured surface. Spoon 1/4 cup pork mixture into center of each circle. Fold dough over filling; press edges together with a fork or fingers to seal.
- ☐ Place empanadas on large baking sheet lined with parchment paper. Pierce the top of each once with a fork.
- ☐ Bake at 425 for 18 minutes or until lightly browned.
- ☐ Serve warm.

## Nutrition Facts



 **PROTEIN 14.26%**  **FAT 14.25%**  **CARBS 71.49%**

Properties

Glycemic Index:17.98, Glycemic Load:2.87, Inflammation Score:-4, Nutrition Score:9.6669565335564%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 895.95kcal (44.8%), Fat: 15.31g (23.55%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 172.78g (57.59%), Net Carbohydrates: 157.37g (57.22%), Sugar: 2.51g (2.79%), Cholesterol: 18.43mg (6.14%), Sodium: 1837.51mg (79.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.93%), Fiber: 15.41g (61.65%), Vitamin B1: 0.32mg (21.63%), Vitamin B6: 0.32mg (16.16%), Selenium: 9.34µg (13.34%), Vitamin B3: 2.57mg (12.83%), Manganese: 0.19mg (9.71%), Phosphorus: 93.63mg (9.36%), Potassium: 315.63mg (9.02%), Vitamin B2: 0.14mg (8.15%), Vitamin C: 6.45mg (7.81%), Vitamin E: 1.07mg (7.13%), Iron: 1.24mg (6.91%), Vitamin A: 331.06IU (6.62%), Copper: 0.13mg (6.29%), Magnesium: 20.68mg (5.17%), Zinc: 0.72mg (4.81%), Vitamin K: 4.77µg (4.55%), Vitamin B5: 0.37mg (3.69%), Calcium: 26.2mg (2.62%), Vitamin B12: 0.14µg (2.41%), Folate: 8.39µg (2.1%)