



Pork Picadillo Empanadas

READY IN



32 min.

SERVINGS



20

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons almonds toasted chopped
- ☐ 16.3 ounce biscuits refrigerated canned
- ☐ 1 teaspoon chili powder
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup golden raisins
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 pound ground pork
- ☐ 0.5 jalapeno minced seeded

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 cups chipotle salsa divided
- ☐ 0.3 teaspoon salt
- ☐ 3.5 tablespoons cup heavy whipping cream sour

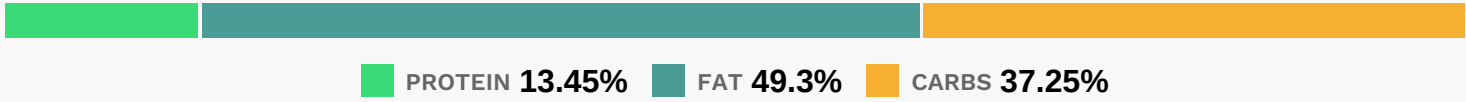
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Brown pork in a large nonstick skillet over medium-high heat 8 to 10 minutes or until meat crumbles and is no longer pink; drain.
- ☐ Add jalapeo pepper and next 4 ingredients; cook, stirring occasionally, 2 minutes. Stir in raisins, 1/2 cup salsa, and lime juice.
- ☐ Remove from heat, and stir in almonds and sour cream. Cool.
- ☐ Separate dough into 8 biscuits. Separate each biscuit in half to make 16 rounds.
- ☐ Roll each round on a lightly floured surface to a 4-inch circle.
- ☐ Spoon pork mixture evenly in center of each dough circle. Fold dough over filling, pressing edges with a fork to seal. Cover with plastic wrap, and chill up to 8 hours.
- ☐ Place empanadas on lightly greased baking sheets.
- ☐ Brush evenly with egg.
- ☐ Bake at 350 for 15 to 20 minutes or until golden. Cool 5 minutes on baking sheets.
- ☐ Serve with remaining 1 1/2 cups chipotle salsa.
- ☐ NOTE: For testing purposes only, we used Pillsbury Grands buttermilk biscuits.

Nutrition Facts



Properties

Glycemic Index:8.68, Glycemic Load:7.88, Inflammation Score:-3, Nutrition Score:6.0386956554392%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 159.82kcal (7.99%), Fat: 8.91g (13.7%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 14.01g (5.1%), Sugar: 3.06g (3.4%), Cholesterol: 23.02mg (7.67%), Sodium: 433.09mg (18.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin B1: 0.24mg (15.89%), Phosphorus: 154.43mg (15.44%), Selenium: 9.71µg (13.87%), Vitamin B3: 1.91mg (9.53%), Manganese: 0.18mg (9.06%), Vitamin B2: 0.15mg (9%), Vitamin E: 1.1mg (7.34%), Vitamin B6: 0.14mg (6.97%), Iron: 1.25mg (6.93%), Potassium: 204.93mg (5.86%), Folate: 20.37µg (5.09%), Fiber: 1.13g (4.52%), Zinc: 0.64mg (4.27%), Magnesium: 16.99mg (4.25%), Vitamin A: 188.71IU (3.77%), Copper: 0.07mg (3.53%), Calcium: 31.78mg (3.18%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.29mg (2.95%), Vitamin K: 2.35µg (2.24%), Vitamin C: 1.57mg (1.9%)