

# Potato and Corn Empanadas with Aji

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup cilantro leaves loosely packed
- 1 eggs beaten
- 1 cup ears corn fresh
- 2 teaspoons garlic clove finely chopped
- 3 tablespoon jalapeno seeded finely chopped
- 12 servings kosher salt black
- 1 tablespoon juice of lime
- 1 cup onion finely chopped

- 1 pie crust dough
- 1 small onion red quartered
- 1 baking potatoes peeled cut into rough 1/4-inch cubes
- 3 spring onion roughly chopped
- 1 tablespoon vegetable oil

## Equipment

- food processor
- frying pan
- baking sheet
- oven
- pastry cutter

## Directions

- Adjust oven rack to middle position and preheat oven to 400°F.
- Heat oil in a large stainless steel skillet over medium high heat until shimmering.
- Add onion and garlic and cook, stirring, until soft, about 4 minutes.
- Add 1 jalapeño, potato, corn, and 1/2 cup water. Bring to a simmer and cover with a lid. Cook, stirring often until potatoes are just soft, about 8 minutes. Season to taste with salt and pepper and allow to cool.
- Roll one recipe of pie dough out to 1/8 inch thickness and cut into six 4-inch rounds using a pastry cutter.
- Place 1/12th of filling on each round, brush edges with egg and using your fingers press to seal. Repeat with remaining filling and dough, then place on a lined baking sheet and bake until golden brown, about 25 minutes.
- Meanwhile, combine remaining jalapeños, green onions, red onion, lime juice, and cilantro in a food processor and pulse until ingredients are very finely chopped. Season to taste with salt and pepper and serve with empanadas.

## Nutrition Facts



■ PROTEIN 8.39% ■ FAT 40.62% ■ CARBS 50.99%

## Properties

Glycemic Index:22.06, Glycemic Load:3.13, Inflammation Score:-4, Nutrition Score:4.6226087212563%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 116.83kcal (5.84%), Fat: 5.41g (8.32%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 13.82g (5.03%), Sugar: 2.1g (2.33%), Cholesterol: 13.64mg (4.55%), Sodium: 261.85mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 14.63µg (13.93%), Vitamin C: 9.4mg (11.4%), Manganese: 0.16mg (8.17%), Vitamin B6: 0.14mg (6.95%), Folate: 27.37µg (6.84%), Vitamin B1: 0.09mg (5.96%), Fiber: 1.44g (5.78%), Potassium: 186.33mg (5.32%), Phosphorus: 48.17mg (4.82%), Vitamin B3: 0.89mg (4.46%), Iron: 0.78mg (4.36%), Vitamin A: 204.14IU (4.08%), Vitamin B2: 0.07mg (3.96%), Magnesium: 15.11mg (3.78%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.31mg (3.08%), Copper: 0.06mg (2.8%), Vitamin E: 0.4mg (2.66%), Zinc: 0.29mg (1.92%), Calcium: 17.17mg (1.72%)