



Potato, Pepper, and Chorizo Empa​ñadas



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs with 1 tablespoon water lightly beaten
- ☐ 12 servings empanada dough
- ☐ 3 garlic cloves finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions finely chopped
- ☐ 0.3 teaspoon oregano dried crumbled
- ☐ 1 bell pepper red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup chorizo spanish finely chopped (cured spiced pork sausage; 3 ounces)
- ☐ 1 turkish or
- ☐ 0.5 pound yellow-fleshed potato such as yukon gold (1 large)

Equipment

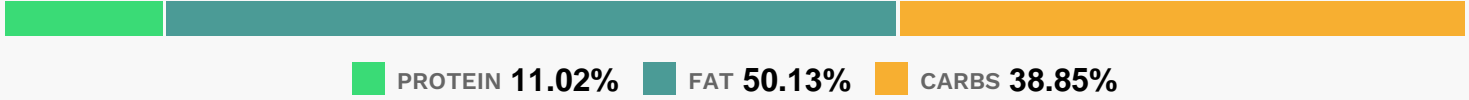
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ rolling pin
- ☐ slotted spoon

Directions

- ☐ Cook chorizo in oil in a 2 1/2- to 3-quart heavy saucepan over moderate heat, stirring, 2 minutes, then transfer to a medium bowl with a slotted spoon.
- ☐ Add onions to saucepan and cook, stirring frequently, until golden and very soft, about 15 minutes.
- ☐ Add garlic, bell peppers, bay leaf, salt, and oregano and cook, stirring frequently, until peppers are very soft, about 15 minutes. Peel potato and cut into 1/2-inch pieces, then stir into onion mixture and cook over moderately low heat, covered, stirring frequently, until potatoes are just barely tender, 10 to 12 minutes.
- ☐ Add potato mixture to chorizo and stir to combine. Cool filling to room temperature and discard bay leaf.
- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 400°F. Divide dough into 12 equal pieces and form each into a disk. Keeping remaining pieces covered, roll out 1 piece on a lightly floured surface with a lightly floured rolling pin into a 5-inch round (about 1/8 inch thick).
- ☐ Spoon about 2 tablespoons filling onto center and fold dough in half, enclosing filling. Press edges together to seal, then crimp decoratively with your fingers or tines of a fork.
- ☐ Transfer empanada to a baking sheet. Make 11 more empanadas in same manner, arranging on 2 baking sheets.

- ☐
- Lightly brush empanadas with some of egg wash and bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden, about 25 minutes.
- ☐
- Transfer empanadas to a rack to cool at least 5 minutes.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.15, Glycemic Load:3.16, Inflammation Score:-4, Nutrition Score:3.2878261208534%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 72.61kcal (3.63%), Fat: 4.11g (6.33%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.04g (2.19%), Sugar: 1.7g (1.89%), Cholesterol: 4.41mg (1.47%), Sodium: 104.33mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin C: 18.63mg (22.58%), Vitamin A: 337.92IU (6.76%), Vitamin B6: 0.13mg (6.32%), Fiber: 1.14g (4.55%), Manganese: 0.09mg (4.5%), Potassium: 143.05mg (4.09%), Vitamin E: 0.51mg (3.39%), Folate: 12.79µg (3.2%), Iron: 0.46mg (2.58%), Vitamin K: 2.63µg (2.5%), Vitamin B1: 0.03mg (2.29%), Phosphorus: 22.3mg (2.23%), Magnesium: 8.53mg (2.13%), Copper: 0.04mg (1.77%), Vitamin B3: 0.33mg (1.67%), Vitamin B2: 0.02mg (1.34%), Vitamin B5: 0.13mg (1.25%), Calcium: 11.32mg (1.13%)