



Pumpkin Curry Empanadas

 Dairy Free

READY IN



75 min.

SERVINGS



1

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving barbecue sauce (see sunset.com)
- ☐ 0.3 cup currants hot softened to cover
- ☐ 1 large eggs slightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 12 ounces kabocha squash cubed peeled

- ☐ 1 small onion chopped
- ☐ 3 sheets pie crust dough frozen store-bought
- ☐ 1 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil divided

Equipment

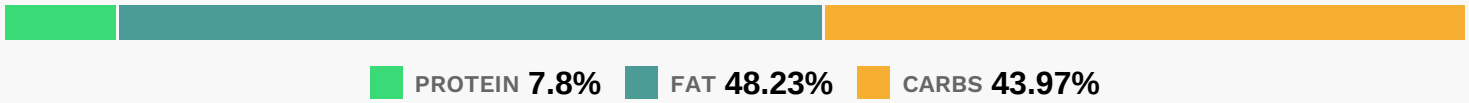
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 37
- ☐ Rub a rimmed baking sheet with 1 tbsp. oil.
- ☐ Spread pumpkin on sheet and roast, uncovered, turning once, till tender when pierced, 30 minutes.
- ☐ Meanwhile, heat remaining 1 tbsp. oil in a large frying pan over medium heat.
- ☐ Add onion and cook, stirring often, until translucent, about 2 minutes. Stir in spices and cook until fragrant, about 2 minutes.
- ☐ Transfer onion to a medium mixing bowl.
- ☐ Drain currants and stir into bowl.
- ☐ Add warm pumpkin and mix well, mashing with back of a spoon to create a slightly chunky mixture.
- ☐ Working with one pie-dough disk at a time, roll dough on a lightly floured surface into a 1/8-in.-thick round. Using a 4-in. ring cutter, cut out 20 circles, rerolling scraps.
- ☐ Mix 1 tbsp. water into egg and brush onto dough rounds. Spoon 1 tbsp. pumpkin mixture into center of each round, fold over, and seal edges with tines of a fork.
- ☐ Line 2 baking sheets with parchment. Arrange empanadas on sheets, spaced slightly apart.
- ☐ Bake until golden brown, 15 to 20 minutes.

- ☐
- Serve with chutney.
- ☐
- Make ahead: Follow recipe through step Freeze in an airtight container. Then bake from frozen, 25 to 30 minutes at 37

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:32.9399999912096%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 598.58kcal (29.93%), Fat: 34.16g (52.56%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 70.07g (23.36%), Net Carbohydrates: 60.46g (21.99%), Sugar: 33.59g (37.32%), Cholesterol: 186mg (62%), Sodium: 132.72mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Manganese: 2.17mg (108.72%), Vitamin A: 4980.66IU (99.61%), Vitamin C: 49.44mg (59.93%), Vitamin K: 57.73µg (54.98%), Potassium: 1760.8mg (50.31%), Vitamin B6: 0.87mg (43.25%), Fiber: 9.6g (38.42%), Iron: 6.32mg (35.09%), Folate: 125.59µg (31.4%), Vitamin B2: 0.53mg (31.21%), Selenium: 18.35µg (26.22%), Phosphorus: 254.24mg (25.42%), Vitamin E: 3.47mg (23.16%), Copper: 0.46mg (22.82%), Magnesium: 90.68mg (22.67%), Calcium: 211.69mg (21.17%), Vitamin B1: 0.24mg (15.88%), Vitamin B5: 1.54mg (15.36%), Vitamin B3: 2.81mg (14.05%), Zinc: 1.89mg (12.58%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)