



## Puro de Pina

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 tablespoons cornstarch
- ☐ 3.5 cups flour all-purpose
- ☐ 1.8 teaspoons ground cinnamon divided
- ☐ 15.3 ounce dole pineapple tidbits canned
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shortening
- ☐ 1 cup sugar divided

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 cup water

## Equipment

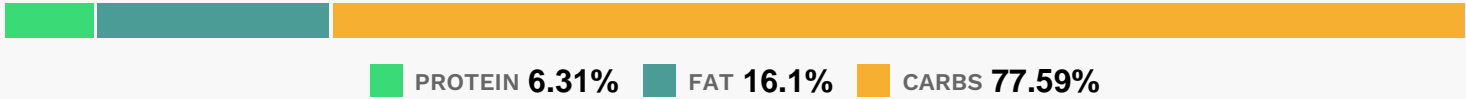
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ wax paper

## Directions

- ☐ Stir together flour, 3/4 cup sugar, 1/2 teaspoon cinnamon, and 1/4 teaspoon salt in bowl of a heavy-duty electric stand mixer.
- ☐ Add yeast and next 3 ingredients; beat at low speed with mixer, using dough hook attachment, 1 minute. Increase speed to medium, and beat 1 more minute. Cover dough with wax paper, and let stand 30 minutes.
- ☐ Stir together pineapple, 2 tablespoons sugar, 1 teaspoon cinnamon, and remaining 1/4 teaspoon salt in a saucepan over medium heat; simmer 1 minute.
- ☐ Process pineapple mixture in a blender or food processor until smooth, stopping to scrape down sides. Return to pan, reserving 2 tablespoons.
- ☐ Stir together reserved 2 tablespoons pineapple mixture and cornstarch in a small bowl.
- ☐ Whisk cornstarch mixture into pineapple mixture in pan, and cook, whisking often, 2 minutes or until smooth and thickened.
- ☐ Remove pan from heat, and cool.
- ☐ Turn dough out onto a lightly floured surface; divide into 12 equal portions.

- ☐ Roll each portion to a length of 10 inches, forming a 6-inch base and 2-inch top (shape resembles a triangle with a flat top).
- ☐ Spread 1 1/2 tablespoons pineapple mixture on 1 side of each portion, leaving a border around edges.
- ☐ Roll up each dough portion, starting at 6-inch end, and place on 2 lightly greased baking sheets (6 portions per baking sheet).
- ☐ Combine remaining 2 tablespoons sugar and remaining 1/4 teaspoon cinnamon; sprinkle evenly over dough.
- ☐ Cover and let stand in a warm place (85), free from drafts, 15 minutes (dough will not double in bulk).
- ☐ Bake at 375 for 15 to 18 minutes. Cool on baking sheets on wire racks.
- ☐ Empanadas: Stir together 1 (15-ounce) can unsweetened pumpkin, 2 tablespoons sugar, 1 teaspoon ground cinnamon, and 1/4 teaspoon salt. Prepare dough as directed. After dough stands 30 minutes, divide into 12 equal portions, and shape into balls.
- ☐ Roll or flatten balls into 6-inch circles. Spoon 1 1/2 tablespoons pumpkin mixture onto half of each pastry circle. Moisten edges with water; fold dough over pumpkin mixture, pressing edges to seal. Crimp edges of dough with a fork.
- ☐ Place on lightly greased baking sheets. Cover and let stand in a warm place (85), free from drafts, 15 minutes.
- ☐ Bake at 375 for 15 minutes or until golden brown. Cool on baking sheets on wire racks. Makes 1 dozen. Prep: 50 min., Stand: 45 min.,
- ☐ Bake: 18 min.
- ☐ Cuernitos: Prepare dough as directed. After dough stands 30 minutes, turn out onto a lightly floured surface, and divide into 12 equal portions.
- ☐ Roll each portion to a length of 10 inches, forming a 6-inch base and 2-inch top.
- ☐ Roll up each portion, starting at 6-inch end. Gently shape each portion into a crescent, and place on lightly greased baking sheets.
- ☐ Combine 2 tablespoons sugar and 1/4 teaspoon cinnamon; sprinkle evenly over dough. Cover and let stand in a warm place (85), free from drafts, 15 minutes.
- ☐ Bake at 375 for 15 to 18 minutes. Cool on baking sheets on wire racks. Makes 1 dozen. Prep: 50 min., Stand: 45 min.,
- ☐ Bake: 18 min.

# Nutrition Facts



## Properties

Glycemic Index:12.51, Glycemic Load:31.77, Inflammation Score:-3, Nutrition Score:6.7921738680452%

## Nutrients (% of daily need)

Calories: 264.21kcal (13.21%), Fat: 4.77g (7.34%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 49.95g (18.17%), Sugar: 21.89g (24.32%), Cholesterol: 0mg (0%), Sodium: 99.52mg (4.33%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.2g (8.41%), Vitamin B1: 0.39mg (25.92%), Folate: 82.36µg (20.59%), Selenium: 12.7µg (18.14%), Manganese: 0.3mg (15.16%), Vitamin B2: 0.21mg (12.63%), Vitamin B3: 2.5mg (12.48%), Iron: 1.85mg (10.27%), Fiber: 1.78g (7.11%), Copper: 0.1mg (4.95%), Phosphorus: 46.02mg (4.6%), Vitamin C: 3.4mg (4.12%), Magnesium: 14.12mg (3.53%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.73µg (2.6%), Potassium: 91.1mg (2.6%), Zinc: 0.35mg (2.32%), Vitamin E: 0.3mg (1.98%), Calcium: 15.08mg (1.51%)