



## RWOP Finalist: Breakfast Empanadas with Chipotle Cream

READY IN



35 min.

SERVINGS



16

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce biscuits refrigerated canned
- 0.1 teaspoon pepper black
- 10 ounce canned tomatoes diced green canned
- 2 chipotles in adobo canned minced
- 4 ounces cream cheese
- 1 teaspoon cumin
- 1 eggs lightly beaten
- 0.1 teaspoon garlic powder

- 0.5 teaspoon garlic salt
- 1 pound pork sausage hot
- 0.8 teaspoon salt
- 0.5 cup cream sour

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees F.
- Spray a cookie sheet with vegetable oil cooking spray; set aside.
- In a large skillet, over medium-high heat, cook sausage, crumbling into small pieces. Once cooked through, drain fat.
- Add 8 oz. cream cheese to sausage and stir until melted.
- Add tomatoes, cumin, salt, pepper and garlic powder. Stir to combine.
- Open can of biscuits; separate each biscuit into 2 halves. Flatten each half with your hands to make larger. Spoon a heaping tablespoon of sausage mixture onto center of each biscuit; fold biscuit in half and seal by pressing edges together.
- Place on prepared baking sheet and brush with beaten egg.
- Bake 15 minutes.
- Remove from oven and allow to cool slightly before serving with Chipotle Cream.
- Chipotle Cream: In a small saucepan, combine 4 oz. cream cheese, sour cream, chipotle peppers and garlic salt. Cook over medium heat until cream cheese is melted and all ingredients are combined.

## Nutrition Facts



■ PROTEIN 12.12% ■ FAT 61.06% ■ CARBS 26.82%

## Properties

Glycemic Index:12.5, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:6.5265217345694%

## Nutrients (% of daily need)

Calories: 240.13kcal (12.01%), Fat: 16.37g (25.19%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 15.27g (5.55%), Sugar: 2.42g (2.68%), Cholesterol: 42.32mg (14.11%), Sodium: 681.06mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Phosphorus: 185.08mg (18.51%), Vitamin B1: 0.22mg (14.49%), Vitamin B3: 2.52mg (12.61%), Selenium: 7.17µg (10.24%), Vitamin B2: 0.17mg (9.88%), Iron: 1.67mg (9.3%), Manganese: 0.15mg (7.71%), Vitamin B6: 0.14mg (6.96%), Folate: 24.82µg (6.2%), Potassium: 210.62mg (6.02%), Zinc: 0.9mg (6.01%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.77mg (5.14%), Vitamin A: 216.5IU (4.33%), Vitamin B5: 0.43mg (4.32%), Copper: 0.08mg (4.04%), Calcium: 39.51mg (3.95%), Fiber: 0.91g (3.65%), Magnesium: 14.53mg (3.63%), Vitamin D: 0.42µg (2.82%), Vitamin K: 2.51µg (2.39%), Vitamin C: 1.9mg (2.31%)