



WHATSheATE



Seafood Empanaditas

READY IN



300 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 pounds clams scrubbed (2 inches across)
- ☐ 1 cup wine dry white
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 garlic clove finely chopped
- ☐ 1 jalapeno fresh seeded finely chopped
- ☐ 1.5 pounds mussels
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 tablespoon paprika hot (not)
- ☐ 1 tablespoon parsley chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup spring onion chopped
- ☐ 0.5 pound scallops finely chopped
- ☐ 0.5 pound shrimp peeled finely chopped
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 3 cups vegetable oil for frying
- ☐ 0.8 cup water hot
- ☐ 0.3 cup frangelico at room temperature
- ☐ 0.3 cup frangelico at room temperature

Equipment

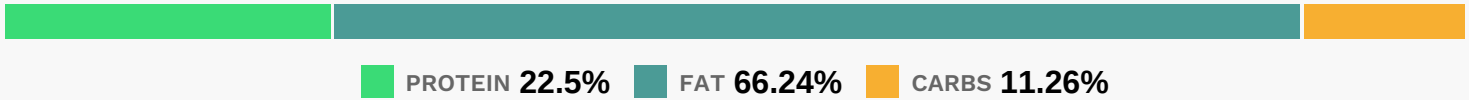
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Stir salt into hot water until dissolved.
- ☐ Sift flour, baking powder, and sugar into a large bowl, then make a well in center and add lard and butter. Stir salted water into well with a wooden spoon, melting lard and butter, then stir flour into liquid, adding a little water if necessary, to form a soft and pliable dough. Knead dough on an unfloured surface until smooth and glossy, 3 to 5 minutes (dough will be soft and slightly sticky).
- ☐ Cover dough with a kitchen towel (not terry cloth).

- ☐
- Cook clams in wine in a medium saucepan, covered, over medium-high heat until just opened wide, about 5 minutes (discard any that remain unopened).
- ☐
- Transfer clams to a bowl with a slotted spoon, then cook mussels in same liquid, covered, stirring once or twice, until opened, 3 to 5 minutes (discard unopened ones).
- ☐
- Add mussels to clams and strain cooking liquid through a paper-towel-lined sieve into a bowl.

Nutrition Facts



Properties

Glycemic Index:16.74, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:5.585652243184%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 5.9g (9.07%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2g (0.73%), Sugar: 0.48g (0.54%), Cholesterol: 21.25mg (7.08%), Sodium: 167.02mg (7.26%), Alcohol: 0.82g (100%), Alcohol %: 1.37% (100%), Protein: 4.51g (9.02%), Vitamin B12: 1.88µg (31.36%), Manganese: 0.43mg (21.57%), Vitamin K: 17.87µg (17.02%), Selenium: 7.42µg (10.6%), Phosphorus: 79.32mg (7.93%), Iron: 0.75mg (4.19%), Vitamin E: 0.56mg (3.73%), Vitamin A: 172.11IU (3.44%), Vitamin C: 2.62mg (3.17%), Potassium: 101.25mg (2.89%), Magnesium: 11.5mg (2.88%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.63%), Folate: 10.43µg (2.61%), Calcium: 23.98mg (2.4%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (1.85%), Vitamin B3: 0.33mg (1.64%), Vitamin B6: 0.03mg (1.5%)