



Sherried Mushroom Empanadas

READY IN

ready

97 min.

SERVINGS

servings

10

CALORIES

calories

420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cream sherry
- ☐ 3 tablespoons bread crumbs dry fine
- ☐ 1 egg wash with 1 teaspoon water
- ☐ 1.5 pounds mushrooms finely chopped
- ☐ 2 medium onions finely chopped
- ☐ 0.5 cup parsley leaves fresh dry washed packed minced
- ☐ 6 ounce pancetta trimmed chopped fine
- ☐ 17.3 ounce puff pastry sheets frozen thawed 2 pastry sheets
- ☐ 2 small bell peppers red finely chopped

- ☐ 10 servings salt and pepper black freshly ground
- ☐ 6 tablespoons butter unsalted

Equipment

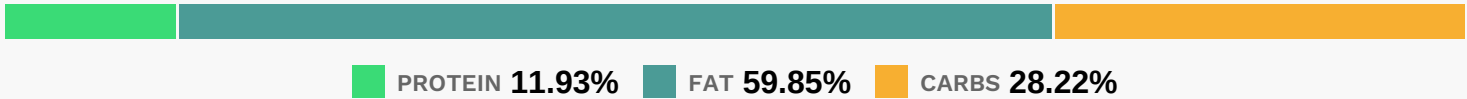
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ spatula
- ☐ serrated knife

Directions

- ☐ In a 12-inch heavy skillet set over moderately low heat, cook onions in butter, stirring occasionally, until softened. Stir in mushrooms and bell peppers and cook over moderate heat, stirring occasionally, until liquid mushrooms give off is evaporated and mixture begins to brown.
- ☐ Add ham and Sherry and cook, stirring, until liquid is evaporated.
- ☐ In a bowl stir together mushroom mixture, parsley, and bread crumbs. Season with salt and pepper, to taste, and cool, uncovered.
- ☐ Preheat oven to 400 degrees F.
- ☐ On a lightly floured surface roll out 1 pastry sheet into a 14 by 10-inch rectangle. Halve rectangle lengthwise with a long sharp knife and spread about half of mushroom filling on 1 half, leaving a 1-inch border all around.
- ☐ Brush edges of mushroom-topped pastry with some egg wash and put remaining pastry half on top of filling. Crimp edges of dough together with fork tines and cut several slits in empanada with small sharp knife. Carefully transfer empanada with 2 spatulas to a large baking sheet, leaving room for second empanada, and brush with some remaining egg wash. Make another empanada in same manner with remaining puff pastry sheet, filling, and egg wash.
- ☐ Put empanadas in middle of oven and reduce temperature to 375 degrees F.

- ☐ Bake empanadas until golden, about 35 minutes. Empanadas may be made 1 day ahead, cooled completely on a rack, and chilled, wrapped in foil. Reheat empanadas, uncovered, on a baking sheet in a preheated 375 degree F oven until hot, about 6 minutes.
- ☐ With a serrated knife cut empanadas into 3/4-inch slices.
- ☐ Wine Suggestions: Dry Manzanilla; Jerez Region Spanish Cava (Sparkling Wine) Montecillo Winery Rioja

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:15.097826128421%

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: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 419.73kcal (20.99%), Fat: 28.17g (43.33%), Saturated Fat: 9.57g (59.8%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 27.52g (10.01%), Sugar: 3.57g (3.97%), Cholesterol: 43.55mg (14.52%), Sodium: 491.95mg (21.39%), Alcohol: 0.82g (100%), Alcohol %: 0.53% (100%), Protein: 12.64g (25.27%), Vitamin K: 58.88µg (56.08%), Vitamin C: 25.99mg (31.5%), Selenium: 20.49µg (29.28%), Vitamin B2: 0.47mg (27.64%), Vitamin B3: 4.92mg (24.6%), Vitamin B1: 0.3mg (20.14%), Vitamin A: 951.26IU (19.03%), Manganese: 0.37mg (18.58%), Folate: 70.89µg (17.72%), Copper: 0.3mg (15.07%), Iron: 2.35mg (13.04%), Vitamin B5: 1.2mg (12.03%), Phosphorus: 117.1mg (11.71%), Potassium: 347.14mg (9.92%), Fiber: 2.36g (9.43%), Vitamin B6: 0.17mg (8.44%), Magnesium: 22.38mg (5.6%), Zinc: 0.84mg (5.59%), Vitamin E: 0.78mg (5.17%), Calcium: 28.3mg (2.83%), Vitamin D: 0.35µg (2.33%), Vitamin B12: 0.09µg (1.52%)