

Shrimp Empanadas (Empanadillas de Camaron)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup beer cold
- 1.5 tablespoons butter
- 1 large water with 1 teaspoon water lightly beaten
- 1 tablespoon flat parsley finely chopped
- 2 cloves garlic minced peeled
- 1 teaspoon granulated sugar
- 0.3 teaspoon ground cumin

- 6 servings pepper black freshly ground
- 1 small plum tomatoes seeded finely chopped
- 1 teaspoon salt
- 0.5 pound shrimp deveined peeled finely chopped
- 0.3 teaspoon paprika smoked
- 6 servings vegetable oil for deep frying as needed
- 1 medium onion yellow peeled finely chopped
- 1 cloves frangelico

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- wire rack
- pot
- stand mixer

Directions

- In the bowl of a stand mixer fitted with a hook attachment, combine the flour, salt, sugar, and butter.
- Mix on medium speed to combine the ingredients, then add the beer.
- Continue mixing to form a smooth, elastic dough, 4 to 5 minutes. Turn the dough out into a mixing bowl, and rest covered in the refrigerator for at least 15 minutes before using.
- In a medium skillet over low heat, melt the butter.
- Add the onion and garlic, and cook, stirring occasionally, until tender, about 15 minutes.
- Add the tomato, paprika, pinch of cloves, cumin, parsley, and shrimp, and cook until the shrimp are cooked through, 5 to 6 minutes. Season with salt and pepper to taste, and cool.
- Roll the dough out onto a floured surface to a thickness of about 1/4 inch.

- Cut out into 4-inch rounds.
- Brush the rounds with egg wash and fill each with about 1 1/2 tablespoons of shrimp filling. Fold over into a half moon and press the edges to seal (for a decorative touch, crimp the sealed edges with a fork). Repeat as needed to use up all of the dough and filling.
- In a medium pot over medium-heat heat, add enough oil to come about 2 inches up the side of the pot.
- Heat the oil to 350°F. Set a cooling rack over a sheet pan and reserve nearby.
- Working in batches, gently fry the empanadas until golden brown, 4 to 5 minutes. Reserve cooked empanadas on the cooling screen while the remaining finish frying.
- Serve warm.
- Instead of frying, you can form the empanadas and bake them in a 375°F oven until golden brown, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:56.6, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:3.5821738800277%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 104.72kcal (5.24%), Fat: 5.92g (9.1%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.74g (1.94%), Cholesterol: 68.38mg (22.79%), Sodium: 458.04mg (19.91%), Alcohol: 0.77g (100%), Alcohol %: 0.88% (100%), Protein: 8.13g (16.26%), Vitamin K: 17.47µg (16.64%), Phosphorus: 95.03mg (9.5%), Copper: 0.17mg (8.48%), Vitamin A: 272.81IU (5.46%), Potassium: 169.71mg (4.85%), Vitamin C: 3.98mg (4.82%), Magnesium: 18.7mg (4.68%), Manganese: 0.09mg (4.26%), Zinc: 0.59mg (3.93%), Calcium: 35.55mg (3.56%), Vitamin B6: 0.05mg (2.74%), Vitamin E: 0.4mg (2.69%), Iron: 0.41mg (2.29%), Fiber: 0.54g

(2.17%), Folate: 7.43 μ g (1.86%), Vitamin B1: 0.02mg (1.13%), Vitamin B3: 0.21mg (1.07%)