



WHATSheATE



## Southwest Beef Empanadas



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 1 oz taco seasoning
- ☐ 0.7 cup water
- ☐ 1 cup hash browns refrigerated
- ☐ 8.3 oz carrots drained sliced canned
- ☐ 1 tablespoon dehydrated onion dried minced
- ☐ 1 cup water boiling
- ☐ 4.5 cups frangelico

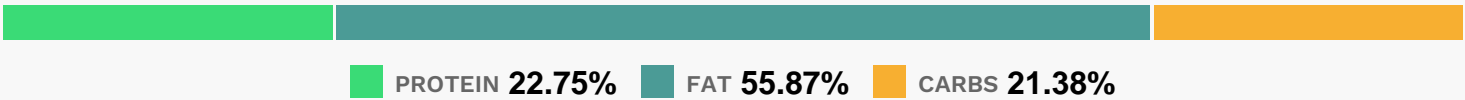
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Heat oven to 400°F. Grease cookie sheet with shortening or cooking spray.
- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in taco seasoning mix, 2/3 cup water, the potatoes, carrots and onion. Reduce heat to medium; cook 5 minutes, stirring occasionally.
- ☐ In medium bowl, stir Bisquick mix and boiling water until dough forms. On surface sprinkled with Bisquick mix, roll dough in Bisquick mix to coat; knead 20 times. Divide dough into 6 balls. Pat or roll each ball into 7-inch round.
- ☐ Place on cookie sheet.
- ☐ Spoon about 1/2 cup beef mixture onto half of each round. Moisten edge of round with water. Fold round over beef mixture; press edge with fork to seal.
- ☐ Cut 3 small slits in top of each crust to allow steam to escape.
- ☐ Bake 18 to 20 minutes or until light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:12.97, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:13.915217347767%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 248.49kcal (12.42%), Fat: 15.43g (23.74%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 10.74g (3.91%), Sugar: 3.05g (3.38%), Cholesterol: 53.68mg (17.89%), Sodium: 469.92mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Vitamin A: 6955.49IU (139.11%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.35mg (22.33%), Vitamin B3: 4.17mg (20.85%), Vitamin B6: 0.34mg (17.09%), Selenium: 11.53µg (16.46%), Phosphorus: 152.06mg (15.21%), Potassium: 442.12mg (12.63%), Iron: 2.26mg (12.55%), Fiber: 2.55g (10.19%), Vitamin C: 7.92mg (9.6%), Vitamin B2: 0.14mg (8.25%), Vitamin B1: 0.1mg (6.42%), Manganese: 0.13mg (6.3%), Vitamin K: 6.54µg (6.23%), Vitamin B5: 0.61mg (6.1%), Magnesium: 22.8mg (5.7%), Copper: 0.11mg (5.61%), Folate: 15.48µg (3.87%), Vitamin E: 0.57mg (3.79%), Calcium: 34.08mg (3.41%)