



Sweet Plantain and Chocolate Empanaditas

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 cups flour all-purpose divided
- ☐ 0.3 cup granulated sugar
- ☐ 6 tablespoons water
- ☐ 5 teaspoons milk 2% divided reduced-fat
- ☐ 0.5 pound plantains black 1-inch-thick soft sliced ()
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semisweet chocolate chips

- ☐ 2 tablespoons condensed milk fat-free sweetened
- ☐ 0.5 cup shortening

Equipment

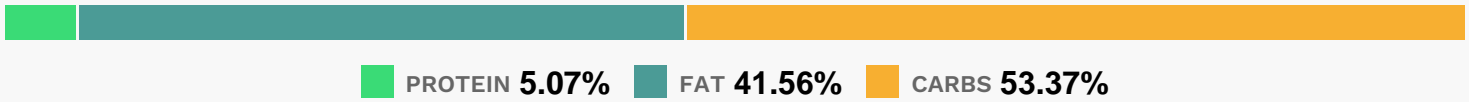
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare filling, cook plantain in boiling water 10 minutes or until tender; drain.
- ☐ Combine plantain and condensed milk in a bowl, and mash with a potato masher. Set aside.
- ☐ To prepare the dough, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/2 cup flour, ice water, and vinegar, stirring with a whisk until well blended to form a slurry.
- ☐ Combine 1 1/2 cups flour, powdered sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add slurry, tossing with a fork until moist.
- ☐ Gently press dough into a 4-inch circle on 2 lengths of heavy-duty plastic wrap; cover with additional overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 18 x 12-inch rectangle; freeze 10 minutes or until wrap can be easily removed.
- ☐ Remove wrap; place dough on a lightly floured surface.

- ☐ Cut dough into 24 circles using a 3-inch round cutter.
- ☐ Place circles on a baking sheet coated with cooking spray, and lightly moisten edges of dough with water. Spoon 2 teaspoons plantain mixture into each circle. Fold dough over filling; pinch edges together to seal.
- ☐ Brush the tops of dough evenly with 1 tablespoon 2% milk; sprinkle evenly with granulated sugar.
- ☐ Bake at 400 for 17 minutes or until lightly browned.
- ☐ Combine the chips and 2 teaspoons 2% milk in a small bowl, and microwave on HIGH for 30 seconds; stir until smooth.
- ☐ Drizzle melted chocolate over empanaditas.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:2.7847826165026%

Nutrients (% of daily need)

Calories: 118kcal (5.9%), Fat: 5.52g (8.5%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.32g (5.57%), Sugar: 6.28g (6.98%), Cholesterol: 0.8mg (0.27%), Sodium: 52.29mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin B1: 0.09mg (6.08%), Selenium: 4.17µg (5.96%), Manganese: 0.12mg (5.92%), Folate: 21.38µg (5.34%), Vitamin K: 5.21µg (4.97%), Vitamin B2: 0.07mg (4.07%), Iron: 0.7mg (3.89%), Vitamin B3: 0.7mg (3.52%), Copper: 0.05mg (2.7%), Magnesium: 10.63mg (2.66%), Phosphorus: 25.87mg (2.59%), Fiber: 0.64g (2.56%), Vitamin A: 113.53IU (2.27%), Potassium: 79mg (2.26%), Vitamin C: 1.78mg (2.16%), Vitamin E: 0.29mg (1.9%), Vitamin B6: 0.03mg (1.48%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.18mg (1.18%)