



## Sweet Potato and Black Bean Empanadas



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1 cup black beans canned rinsed drained
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon cumin seeds
- ☐ 1 large eggs lightly beaten
- ☐ 1 egg white lightly beaten
- ☐ 2 cups flour all-purpose

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 poblano chile
- ☐ 1 cup sweet potatoes cooked mashed
- ☐ 0.3 cup water cold

## Equipment

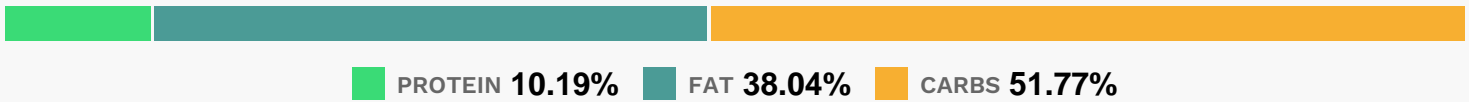
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ measuring cup

## Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and 3/4 teaspoon salt in a large bowl, stirring with a whisk.
- ☐ Combine canola oil, 1/4 cup water, 1 tablespoon vinegar, and egg in a medium bowl. Gradually add oil mixture to flour mixture, stirring just until moist. Knead lightly until smooth. Shape dough into a ball, and wrap in plastic wrap. Chill for 1 hour.
- ☐ Preheat broiler.
- ☐ Place poblano on a foil-lined baking sheet; broil 8 minutes or until blackened, turning after 6 minutes.

- ☐ Place in a paper bag; close tightly.
- ☐ Let stand 15 minutes. Peel chile; cut in half lengthwise. Discard seeds and membranes. Finely chop.
- ☐ Preheat oven to 40
- ☐ Cook the cumin seeds in a large saucepan over medium heat 1 minute or until toasted, stirring constantly.
- ☐ Place cumin in a clean spice or coffee grinder; process until ground.
- ☐ Combine cumin, poblano, sweet potatoes, and next 5 ingredients (through 1/2 teaspoon salt) in a large bowl; mash with a fork until almost smooth.
- ☐ Divide dough into 10 equal portions, shaping each into a ball.
- ☐ Roll each dough portion into a (5-inch) circle on a lightly floured surface. Working with 1 portion at a time (cover remaining dough to keep from drying), spoon 3 level tablespoons poblano mixture into center of each circle. Moisten edges of dough with egg white; fold dough over filling. Press edges together to seal.
- ☐ Place empanadas on a large baking sheet coated with cooking spray.
- ☐ Cut 3 diagonal slits across top of each empanada.
- ☐ Bake at 400 for 16 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:25.2, Glycemic Load:15.22, Inflammation Score:-9, Nutrition Score:9.6834781273552%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 199.4kcal (9.97%), Fat: 8.44g (12.98%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.15g (8.42%), Sugar: 1.06g (1.18%), Cholesterol: 18.6mg (6.2%), Sodium: 382.21mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Vitamin A: 2064.14IU (41.28%), Vitamin B1: 0.25mg (16.38%), Folate: 63.66µg (15.92%), Selenium: 11.01µg (15.73%), Manganese: 0.29mg (14.73%), Vitamin C:

11.05mg (13.39%), Vitamin K: 13.93µg (13.26%), Iron: 2.19mg (12.15%), Vitamin B2: 0.2mg (11.66%), Fiber: 2.68g (10.74%), Vitamin E: 1.57mg (10.46%), Vitamin B3: 1.79mg (8.95%), Phosphorus: 69.54mg (6.95%), Copper: 0.11mg (5.63%), Potassium: 182.56mg (5.22%), Magnesium: 20.29mg (5.07%), Vitamin B6: 0.09mg (4.63%), Vitamin B5: 0.35mg (3.46%), Zinc: 0.44mg (2.94%), Calcium: 27.12mg (2.71%)