



## Sweet Potato Empanada

READY IN



65 min.

SERVINGS



24

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon chiles in adobo sauce
- 2 eggs lightly beaten
- 0.5 cup goat cheese
- 3 tablespoons green onions sliced
- 1 pinch ground cinnamon
- 3 tablespoons honey
- 0.5 juice of lemon juiced
- 1 cup mayonnaise
- 24 servings vegetable oil; peanut oil preferred

- 0.3 cup pecans chopped
- 2 medium sweet potatoes
- 24 wonton wrappers

## Equipment

- paper towels
- oven
- mixing bowl

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Wash and dry sweet potatoes.
- Place on a sheet tray and poke with fork.
- Place in preheated oven and bake for 40 minutes or until cooked and soft.
- Remove until cool enough to handle. Split potato and remove pulp with a spoon into a mixing bowl.
- Add goat cheese, pecans, green onions and cinnamon.
- Mix well.
- Preheat deep-fryer to 375 degrees F.
- Brush outer edges of the wonton with beaten egg.
- Add about 1 teaspoon to center of each wanton. Fold edges over to make a triangle and seal edges firmly.
- Fry wontons in deep-fryer. Flip and wait until golden brown and crisp.
- Remove with a spider and drain on a paper towel lined sheet tray.
- Mix all ingredients well together.
- Serve with empanadas.

## Nutrition Facts



■ PROTEIN 3.93% ■ FAT 79.73% ■ CARBS 16.34%

## Properties

Glycemic Index:8.64, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:6.5300000309944%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 260.51kcal (13.03%), Fat: 23.35g (35.92%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.92g (3.61%), Sugar: 3.14g (3.49%), Cholesterol: 20.41mg (6.8%), Sodium: 264.01mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 2757.41IU (55.15%), Vitamin E: 2.64mg (17.6%), Vitamin K: 17.4µg (16.57%), Manganese: 0.15mg (7.7%), Selenium: 3.79µg (5.41%), Vitamin B2: 0.08mg (4.68%), Copper: 0.09mg (4.64%), Vitamin B1: 0.07mg (4.47%), Phosphorus: 39.83mg (3.98%), Iron: 0.62mg (3.43%), Fiber: 0.84g (3.36%), Vitamin B6: 0.06mg (3.2%), Folate: 12.23µg (3.06%), Vitamin B3: 0.56mg (2.79%), Vitamin B5: 0.27mg (2.69%), Potassium: 87.52mg (2.5%), Magnesium: 9.16mg (2.29%), Calcium: 21.06mg (2.11%), Zinc: 0.27mg (1.82%), Vitamin C: 0.9mg (1.09%)