



Texas Blackberry and Strawberry Empanadas

READY IN

ready

73 min.

SERVINGS

servings

4

CALORIES

calories

1165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup blackberries
- ☐ 1 cup chicken stock see
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup goat cheese
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.5 teaspoons salt
- ☐ 1 cup strawberries wild roughly chopped

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 cup vegetable shortening
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ rolling pin
- ☐ tongs

Directions

- ☐ In a large mixing bowl, combine flour, sugar, salt and baking powder and mix well.
- ☐ Add shortening and break it up by hand until it resembles cornmeal.
- ☐ Add chicken stock and knead until all is incorporated.
- ☐ Let it rest, covered, for at least 30 minutes in cooler.
- ☐ Meanwhile, make the filling.
- ☐ Combine blackberries, strawberries, goat cheese and sugar and mix well.
- ☐ When the dough has chilled, roll it out to 1/4-inch thickness on a lightly floured surface with a rolling pin.
- ☐ Cut circles out of the dough with a 4-inch round cutter. Spoon a heaping tablespoon of filling into the center of each dough circle. Beat the eggs and water together in a small bowl.
- ☐ Brush the egg wash all around the edges of the dough. Fold the dough over the filling to make the circles into half moons. Crimp the edges with the tines of a fork to seal the dough closed.
- ☐ Heat a pan, filled half way up with peanut oil, to 350 degrees F.
- ☐ Fry the empanadas until golden brown, about 6 to 8 minutes, turning them over occasionally with tongs.

Nutrition Facts



Properties

Glycemic Index:93.05, Glycemic Load:84.14, Inflammation Score:-8, Nutrition Score:31.1808698281%

Flavonoids

Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1165.41kcal (58.27%), Fat: 64.7g (99.53%), Saturated Fat: 18.6g (116.25%), Carbohydrates: 123.44g (41.15%), Net Carbohydrates: 117.43g (42.7%), Sugar: 23.61g (26.23%), Cholesterol: 107.85mg (35.95%), Sodium: 946.23mg (41.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Selenium: 52.57µg (75.1%), Vitamin B1: 1.06mg (70.55%), Folate: 264.55µg (66.14%), Manganese: 1.26mg (63.07%), Vitamin B2: 0.91mg (53.61%), Vitamin B3: 8.84mg (44.2%), Iron: 7.76mg (43.13%), Phosphorus: 377.54mg (37.75%), Vitamin C: 28.85mg (34.97%), Vitamin K: 36.29µg (34.56%), Calcium: 326.62mg (32.66%), Vitamin E: 4.51mg (30.09%), Copper: 0.52mg (25.9%), Fiber: 6.01g (24.04%), Vitamin B5: 1.62mg (16.17%), Magnesium: 50.48mg (12.62%), Zinc: 1.79mg (11.92%), Vitamin B6: 0.23mg (11.66%), Vitamin A: 511.27IU (10.23%), Potassium: 353.26mg (10.09%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.61µg (4.09%)