



Thanksgiving with Dulce de Leche and Apple Empanadas

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 3 medium apples diced cored peeled
- ☐ 10 oz dulce de leche
- ☐ 1 large eggs beaten
- ☐ 12 small empanada discs homemade store bought
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch nutmeg

☐ 2 tbsp water

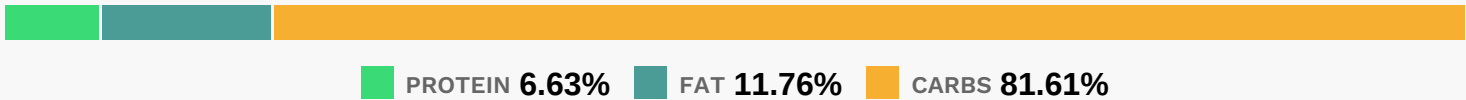
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Place the apples, sugar, cinnamon, nutmeg and dulce de leche in a bowl and mix well.
- ☐ Mix the water and beaten egg in a small bowl. Set aside.To assemble the empanadas spoon the dulce de leche and apple mixture on the center of the empanada discs.
- ☐ Brush the edges of the empanada discs with the egg and water mixture (this will help them sealbetter).Fold the empanada discs and seal the edges, use a fork to help seal the empanadas.Lightly brush the top of each empanada with the rest of the egg mixture, this will give a nice golden glow when they bake.
- ☐ Place the empanadas on a cookie sheet lined with parchment paper.
- ☐ Let them rest for at least 15 minutes. Pre-heat the oven to 375 degrees F and bake for 15 to 20 minutes or until golden.
- ☐ Serve warm or at room temperature.This post is part of Blog
- ☐ Her’s Holiday Parties editorial series, made possible by Cracker Barrel.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:1.2313043442757%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 40.92kcal (2.05%), Fat: 0.57g (0.88%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.77g (7.52%), Cholesterol: 15.5mg (5.17%), Sodium: 11.05mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Fiber: 1.22g (4.89%), Vitamin C: 2.1mg (2.55%), Manganese: 0.05mg (2.43%), Vitamin B2: 0.03mg (1.85%), Selenium: 1.3µg (1.85%), Potassium: 55.49mg (1.59%), Phosphorus: 13.54mg (1.35%), Vitamin B6: 0.03mg (1.31%), Vitamin K: 1.07µg (1.01%), Iron: 0.18mg (1.01%)