

Tuna Empanada

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs beaten to blend (for glaze)
- ☐ 2 garlic clove minced
- ☐ 1 medium bell pepper green finely chopped
- ☐ 2 large hardboiled eggs peeled sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 2 medium plum tomatoes seeded finely chopped
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)

- ☐ 2 ounces serrano ham thinly sliced
- ☐ 1 pound tuna spanish canned packed in olive oil, drained, coarsely flaked

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oil in heavy medium skillet overmedium-high heat.
- ☐ Add tomatoes, pepper,onion, and garlic; sprinkle with salt andpepper and sauté until vegetables are soft,stirring often, about 10 minutes.
- ☐ Transfer to bowl.
- ☐ Add tuna and sliced eggs; toss gentlyto distribute evenly. Season filling with saltand pepper; set aside to cool completely.
- ☐ Spray rimless baking sheet withnonstick spray.
- ☐ Roll out 1 pastry sheet onfloured surface to 12x16-inch rectangle.
- ☐ Transfer to baking sheet. Arrange hamover pastry, leaving 1-inch border.
- ☐ Spreadfilling atop ham, leaving 1-inch border.
- ☐ Brush pastry edges with beaten egg.
- ☐ Rollout second pastry sheet to 12x15-inchrectangle.
- ☐ Place atop filling, pressing onedges to seal. Fold 1/2 inch of bottom pastryedge up over top pastry; crimp edges toseal.
- ☐ Brush top with beaten egg.
- ☐ Cut eight2-inch slashes in top pastry. DO AHEAD: Canbe made 4 hours ahead. Cover; chill.
- ☐ Preheat oven to 450°F.
- ☐ Bake empanadauncovered until crust is browned and crisp,about 25 minutes. Slide onto platter.
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 17.7%**  **FAT 55.59%**  **CARBS 26.71%**

Properties

Glycemic Index:20.13, Glycemic Load:15.52, Inflammation Score:-5, Nutrition Score:16.043043426845%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 460.16kcal (23.01%), Fat: 28.39g (43.68%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.1g (10.58%), Sugar: 1.97g (2.19%), Cholesterol: 94.09mg (31.36%), Sodium: 442.33mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Selenium: 59.22µg (84.6%), Vitamin B3: 8.38mg (41.89%), Vitamin B12: 1.65µg (27.53%), Vitamin B1: 0.29mg (19.59%), Vitamin B2: 0.32mg (19.08%), Manganese: 0.38mg (19.05%), Vitamin C: 15.33mg (18.59%), Iron: 3mg (16.69%), Folate: 64.97µg (16.24%), Phosphorus: 160.17mg (16.02%), Vitamin B6: 0.29mg (14.58%), Vitamin K: 13.49µg (12.84%), Magnesium: 29.6mg (7.4%), Vitamin E: 1.11mg (7.38%), Vitamin D: 1.08µg (7.2%), Potassium: 247.43mg (7.07%), Zinc: 0.99mg (6.59%), Copper: 0.13mg (6.49%), Fiber: 1.61g (6.43%), Vitamin A: 316.18IU (6.32%), Vitamin B5: 0.4mg (4.04%), Calcium: 33.66mg (3.37%)