



Turkey Empanadas



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

☐ 1 egg whites with 1 teaspoon cold water (for glaze) beaten to blend

☐ 0.5 cup gravy chilled

☐ 1 cup potatoes divided mashed

☐ 1 puff pastry frozen thawed (3 sheets)

☐ 1 cup pepperidge farm sage and onion stuffing stuffing divided

☐ 2 cups turkey dark diced white cooked (and meat)

☐ 6 servings roasted cranberry sauce

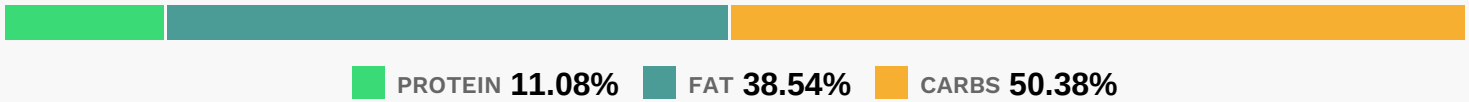
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix turkey with chilled gravy in small bowl.
- ☐ Roll out 3 pastry sheets to 12-inch long rectangles on floured work surface.
- ☐ Cut out 2 six-inch rounds from each pastry sheet, using small plate as guide (6 rounds total).
- ☐ Place each round on one 8- to 9-inch parchment square.
- ☐ Spoon 2 1/2 tablespoons mashed potatoes onto half of each pastry round; press lightly to flatten, leaving 1/2-inch border. Top with 2 to 3 tablespoons stuffing, then about 1/3 cup turkey mixture.
- ☐ Brush glaze around filling on 1 pastry half. Fold plain pastry half over filling, stretching dough to cover. Seal edges with fork tines. Repeat to form 5 more empanadas.
- ☐ Transfer empanadas (still on parchment squares) to 2 rimmed baking sheets (3 on each sheet), spacing 2 inches apart. Chill empanadas 20 minutes.
- ☐ Preheat oven to 425°F. Press edges of empanadas again with fork tines.
- ☐ Brush empanadas with egg-white glaze and cut small slits in top to allow steam to escape.
- ☐ Bake empanadas 10 minutes. Reduce heat to 350°F and bake empanadas until puffed and golden, 25 to 35 minutes longer.
- ☐ Serve empanadas, passing cranberry sauce alongside

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:14.45, Inflammation Score:-4, Nutrition Score:11.810434794944%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol:

0.29mg, Kaempferol: 0.29mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 479.82kcal (23.99%), Fat: 20.77g (31.95%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 61.08g (20.36%), Net Carbohydrates: 57.96g (21.08%), Sugar: 23.93g (26.58%), Cholesterol: 25.43mg (8.48%), Sodium: 402.42mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Selenium: 34.92µg (49.89%), Vitamin B3: 5.17mg (25.83%), Manganese: 0.36mg (17.78%), Vitamin B1: 0.26mg (17.5%), Vitamin B6: 0.33mg (16.68%), Vitamin B2: 0.26mg (15.32%), Folate: 53.67µg (13.42%), Iron: 2.26mg (12.54%), Fiber: 3.12g (12.48%), Phosphorus: 122.63mg (12.26%), Vitamin K: 12.79µg (12.18%), Vitamin C: 7.59mg (9.21%), Vitamin E: 1.37mg (9.14%), Potassium: 298.89mg (8.54%), Copper: 0.15mg (7.66%), Magnesium: 28.82mg (7.2%), Vitamin B12: 0.41µg (6.87%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.41mg (4.09%), Vitamin A: 153.4IU (3.07%), Calcium: 25.04mg (2.5%)