



Turkey Empanadas with BBQ-Cranberry Sauce

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup original barbecue sauce divided kraft
- 1 eggs beaten
- 1.5 cups onions sliced
- 14.1 oz ready-to-use pie crusts refrigerated (2 crusts)
- 0.5 cup sweet potatoes cooked chopped
- 2 cups turkey shredded cooked
- 0.3 cup water
- 0.5 cup cranberry sauce

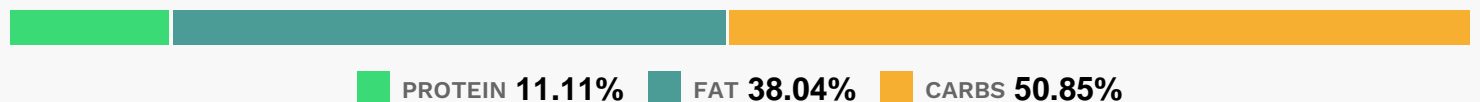
Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 375F.
- Cook onions in large skillet sprayed with cooking spray on medium-high heat 5 min., stirring occasionally.
- Add water; cover. Simmer on medium heat 10 min. or until onions are caramelized and water is cooked off, stirring occasionally. Cool slightly.
- Combine turkey, 1/2 cup barbecue sauce, potatoes and onions.
- Roll each pie crust on lightly floured surface to 13-inch round; cut into 4 wedges. Spoon about 1/3 cup turkey mixture onto center of each wedge.
- Brush rounded edge with egg. Bring point of each dough wedge over filling to rounded edge; gently press top to remove excess air. Crimp edges to seal, completely enclosing filling.
- Place on parchment-covered baking sheet; bend each into crescent shape.
- Brush with remaining egg.
- Bake 30 min. or until golden brown. Meanwhile, cook remaining barbecue sauce and cranberry sauce in saucepan until warmed.
- Serve empanadas with sauce.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:8.9630434513092%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 359.22kcal (17.96%), Fat: 15.16g (23.33%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 43.19g (15.7%), Sugar: 15.13g (16.81%), Cholesterol: 38.35mg (12.78%), Sodium: 492.5mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Vitamin A: 1284.75IU (25.69%), Vitamin B3: 3.49mg (17.45%), Manganese: 0.33mg (16.3%), Selenium: 10.41µg (14.87%), Vitamin B6: 0.26mg (12.84%), Vitamin B1: 0.18mg (11.99%), Folate: 46.57µg (11.64%), Phosphorus: 110.41mg (11.04%), Vitamin B2: 0.19mg (10.96%), Iron: 1.95mg (10.82%), Fiber: 2.42g (9.66%), Potassium: 243.73mg (6.96%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.35µg (5.87%), Magnesium: 22.97mg (5.74%), Zinc: 0.86mg (5.74%), Copper: 0.11mg (5.39%), Vitamin E: 0.69mg (4.61%), Vitamin K: 4.61µg (4.39%), Calcium: 33.31mg (3.33%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.18µg (1.23%)