

Bacon-Beef Empanada

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Servings: 10

8 ounces ground beef
10 slices bacon, chopped
1 onion, chopped
3 tablespoons tomato paste
1/4 cup raisins
10 empanada wrappers

Preheat the oven to 400 degrees.

In a skillet, brown the ground beef, bacon, and onion for 8 minutes.

Add the tomato paste and cook, stirring, for 3 minutes.

Stir in the raisins.

Spoon the mixture into the center of the empanada wrappers. Fold in half and crimp the edges with a fork.

Bake for 20 minutes.

Per Serving (excluding unknown items): 126 Calories; 9g Fat (65.5% calories from fat); 6g Protein; 5g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 156mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	126	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	15.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	5mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	0.0%
Carbohydrate (g):	5g		

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 6g
Sodium (mg): 156mg
Potassium (mg): 173mg
Calcium (mg): 8mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 120IU
Vitamin A (r.e.): 12RE

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 126 Calories from Fat: 82

% Daily Values*

Total Fat	9g	14%
Saturated Fat	4g	18%
Cholesterol	25mg	8%
Sodium	156mg	7%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	2%
Protein	6g	
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Vitamin A		2%
Vitamin C		8%
Calcium		1%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*