

# Empanadas

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

## **Yield: 48 appetizers**

*oil (for frying)*  
*1 small onion, finely chopped*  
*1 small green pepper, finely chopped*  
*1 clove garlic, crushed*  
*11 ounces beef mince*  
*6 1/2 ounces pork mince*  
*3/4 cup chopped canned tomatoes*  
*3 3/4 ounces pitted green olives, chopped*  
*salt (to taste)*  
*pepper (to taste)*  
*8 sheets frozen shortcrust pastry, thawed*

## **Preparation Time: 45 minutes**

### **Cook Time: 1 hour**

In a frying pan, heat a little oil. Cook the onion over low heat for 3 minutes or until soft. Add the green pepper. Cook for 3 minutes. Add the garlic and cook for another minute. Add the beef mince and pork mince. Cook until browned, breaking up any lumps with a fork.

Stir in the canned tomatoes and green olives. Bring to a boil. Reduce the heat and simmer for 10 minutes, stirring occasionally, or until most of the liquid has evaporated. Remove from the heat. Season to taste. Allow to cool completely.

Cut six three-inch rounds from each sheet of pastry. Place two heaped teaspoons of the filling onto each round. Fold over to enclose. Press the edges down with a fork to seal.

Heat 3/4 inch of oil in a deep frying pan to 350 degrees. The oil is ready when a cube of bread dropped into the oil turns golden brown in 15 seconds. Cook the empanadas in batches until crisp and golden. Drain well on crumpled paper towels. (Alternately, bake in a 400 degree oven for 20 to 25 minutes or until puffed and golden.)

*These can be made up to two days in advance or frozen uncooked.*

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Per Serving (excluding unknown items): 201 Calories; 12g Fat (48.2% calories from fat); 3g Protein; 25g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 933mg Sodium. Exchanges: 3 Vegetable; 0 Fruit; 2 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	201	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	48.2%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	45.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	6.0%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	12g	<b>Folacin (mcg):</b>	47mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Daily Values:</b>	n.n%
<b>Carbohydrate (g):</b>	25g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	8g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	3g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	933mg	<b>Vegetable:</b>	3
<b>Potassium (mg):</b>	404mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	132mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	115mg		
<b>Vitamin A (i.u.):</b>	1180IU		
<b>Vitamin A (r.e.):</b>	117 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 201	Calories from Fat: 97
<b>% Daily Values*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 1g	7%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 933mg	39%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 8g	30%
<b>Protein</b> 3g	
<b>Vitamin A</b>	24%
<b>Vitamin C</b>	192%
<b>Calcium</b>	13%
<b>Iron</b>	23%

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