## Ham and Olive Empanadillas

The Essential Appetizers Cookbook (1999) Whitecap Books

## Yield: 15 appetizers

2 hard-boiled eggs, roughly chopped 1 1/4 ounces stuffed green olives, chopped 3 ounces ham, finely chopped 1 ounce Cheddar cheese, grated

3 sheets ready-roll puff pastry 1 egg yolk, lightly beaten Preparation Time: 45 minutes Cook Time: 25 minutes

Preheat the oven to 425 degrees. Lightly grease two baking trays.

In a bowl, combine the eggs with the olives, ham and Cheddar cheese.

Cut the puff pastry sheets into four-inch rounds (about five rounds per puff pastry sheet). Spoon a tablespoon of the mixture into the center of each round. Fold over the pastry to enclose the filling. Crimp the edges to seal.

Place the pastries on the trays 3/4 inch apart. Brush with egg yolk.

Bake for 15 minutes or until brown and puffed. Swap the trays around after 10 minutes. Cover loosely with foil if browning too much.

Serve hot.

Per Serving (excluding unknown items): 483 Calories; 34g Fat (64.8% calories from fat); 37g Protein; 4g Carbohydrate; 0g Dietary Fiber; 715mg Cholesterol; 1427mg Sodium. Exchanges: 5 1/2 Lean Meat; 3 1/2 Fat.

**Appetizers** 

Dar Samina Mutritianal Analysis

% Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g):	3.7% 31.5% 34g 14g 13g 3g	Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	.8mg .9mg 76mcg 5mg 0mg 0
Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	715mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 5 1/2 0 0 0 0 3 1/2

## **Nutrition Facts**

Amount Per Serving			
Calories 483	Calories from Fat: 313		
	% Daily Values*		
Total Fat 34g	52%		
Saturated Fat 14g	68%		
Cholesterol 715mg	238%		
Sodium 1427mg	59%		
Total Carbohydrates 4g	1%		
Dietary Fiber 0g	0%		
Protein 37g			
Vitamin A	24%		
Vitamin C	39%		
Calcium	28%		
Iron	16%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.