



Healthdor

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Apple Empanada

A delicious pastry filled with sweet and tangy apples, perfect for dessert or a snack.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

500 g	Apples
100 g	sugar
2 tsp	cinnamon
100 g	butter
250 g	flour
100 ml	Water

Directions

Step 1

Cutting

Peel and dice the apples.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cooking

In a saucepan, combine the diced apples, sugar, and cinnamon. Cook over medium heat until the apples are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Mixing

In a separate bowl, mix the flour and butter until crumbly. Gradually add water and mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cut, mixing

Roll out the dough and cut into circles. Place a spoonful of the apple filling in the center of each circle. Fold the dough over and seal the edges.

Prep Time: 10 mins

Cook Time: 5 mins

Step 5

Oven

Bake the empanadas in a preheated oven at 180°C for 15-20 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

New Year

Cuisines

Italian

Course

Appetizers

Desserts

Breads

Snacks

Cultural

Chinese New Year

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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