



EMPANADAS

Nutrition Facts Report
Source: Custom

Yield: 24 (1.000 item(s))
No. Ingredients: 13

Category: Basic Food
Manufacturer: (None)

Ingredients

24.000 sl. Nature's Own Light White Bread
0.500 c. Butter
1.000 lb. Ground Beef, 95% Lean Meat / 5% Fat, Raw
0.500 c. Onions, Chopped
0.333 c. Golden Raisins, Seedless
0.250 c. Tap Water
2.500 oz. Black Olives, Ripe, Canned
3.000 T. Tomato Paste, Canned
2.000 item Garlic Clove
0.250 t. Table Salt
0.250 t. Ground Cinnamon
0.125 t. Ground Red or Cayenne Pepper
2.000 item Hard Boiled Egg

Nutrition Facts

Serving Size 1.00 item(s) (64g)

Amount Per Serving

Calories 120 **Calories from Fat** 55

% Daily Value

Total Fat 6.1g 9 %

Saturated Fat 3.0g 15 %

Trans Fat 0.1g

Cholesterol 39.6mg 13 %

Sodium 206.6mg 9 %

Total Carbohydrate 12.4g 4 %

Dietary Fiber 2.8g 11 %

Sugars 2.3g

Protein 7.4g

Vitamin A 4 % Calcium 4 %

Vitamin C 1 % Iron 11 %

Instructions