

Pork Empanadas(Empanadas de Maiz)

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pork-empanadas-recipe>

Ingredients:

- 2 cups masa harina
- 1/2 teaspoon salt
- 1 3/4 cups warm water
- 2 cups pork chicken or beef tinga previously cooked and cooled
- 3 cups canola oil for frying
- salsa Your favorite
- shredded lettuce
- sliced tomatoes
- avocados Sliced
- Mexican crema
- Mexican cheese Crumbled

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 30 milligrams
4. Fat: 115 grams
5. Fiber: 5 grams
6. Protein: 14 grams
7. SaturatedFat: 9 grams
8. Sodium: 260 milligrams
9. Sugar: 1 grams

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