

Mexican Empanadas

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 3 cups masa harina packed
- 3 cups hot water
- oil for frying

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 65 grams
3. Fat: 8 grams
4. Fiber: 9 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 15 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Mexican Empanadas above. You can see more 20 vegetarian mexican empanadas recipe Delight in these amazing recipes! to get more great cooking ideas.