

Mixed Berry Empanada

NUTRITION DATA

Serving Size: 1 empanada

Amount Per Serving:

Calories:	715	
Calories from Fat:	289	40%
		% Daily Value*
Total Fat	32.1 g	49%
Saturated Fat	6.2 g	31%
Trans Fat	NA	
Cholesterol	1 mg	0%
Sodium	353 mg	15%
Total Carbohydrate	105.6 g	35%
Dietary Fiber	6.5 g	26%
Sugars	44.5 g	
Protein	5.6 g	11%
Vitamin A		2%
Vitamin C		32%
Calcium		5%
Iron		15%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS:

- | | |
|---|---|
| 1/4 cup + 1 Tbsp. Water | 1 1/4 oz. Frozen Unsweetened Blackberries |
| 1 Tbsp. + 1/2 tsp. Cornstarch | 1 oz. Frozen Red Raspberries |
| 1 Tbsp. + 1 tsp. Water | 1 1/4 oz. Frozen Blueberries |
| 1/4 tsp. Fresh Lemon Juice | 6.75" Pot Pie Crust, 3.5 oz. (thawed) |
| 2 Tbsp. + 2 tsp. Granulated Sugar | 1 Tbsp. + 1 tsp. Water |
| 1 oz. Frozen Unsweetened Whole Strawberries | 1 Tbsp. granulated sugar |

DIRECTIONS:

1. In a sauce pan, bring 1st listed water to a simmer.
2. Combine cornstarch and 2nd listed water. Mix until well-blended.
3. Add cornstarch mixture, lemon juice and 1st listed sugar to simmering water. Simmer for 5 minutes or until mixture thickens.
4. Add strawberries, blackberries, raspberries and blueberries. Simmer for 5 to 10 minutes. Remove pan from heat. Transfer to stainless steel bowl.
5. Brush edges of pot pie crusts with 3rd listed water. Place 3 oz fruit mixture in center of each crust. Fold in half and flute edges.
6. Sprinkle each empanada with 1 Tbsp 2nd listed sugar. Bake in a 375 degree oven for 12 to 15 minutes or until golden brown.

Portion: Serve 1 empanada



ST. JOHN DETROIT RIVERVIEW HOSPITAL



100% Fad Free

***Mixed Berry
Empanada***

SHOPPING LIST

- Frozen Unsweetened Blackberries
- Frozen Unsweetened Whole Strawberries
- Frozen Red Raspberries
- Frozen Blueberries
- Cornstarch
- Fresh Lemon Juice
- Sugar
- Frozen Pot Pie Crust

