



## Cheesiest Fried Chicken Empanadas with Chili Con Queso Dip

READY IN



60 min.

SERVINGS



15

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce canned tomatoes diced drained canned
- 1 pound cheddar (recommended: Velveeta)
- 8 ounce colby and monterey jack cheese blend shredded
- 3 cups meat from a rotisserie chicken cooked chopped
- 4 ounces cream cheese softened
- 4 ounce chiles diced green canned
- 1 tablespoon ground cumin
- 0.5 teaspoon ground pepper black

- 2 teaspoons hot sauce
- 1 jalapeño seeded chopped
- 15 servings chili con queso dip
- 1 bell pepper red chopped
- 15 ounce pie crusts refrigerated
- 1.5 teaspoons salt
- 15 servings water

## Equipment

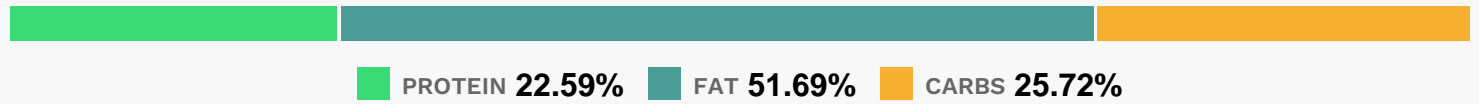
- bowl
- pot
- casserole dish
- cookie cutter
- spatula
- pastry brush

## Directions

- Preheat vegetable oil in a deep-fryer to 350 degrees F.
- In a large bowl using a rubber spatula, combine the chicken, colby and Monterey cheese, cream cheese, red pepper, jalapeno, cumin, salt, and pepper.
- Remove 1 pie crust from pie tin onto a lightly floured surface and roll into a 15-inch circle.
- Cut out rounds, using a 3-inch cookie cutter. Re-roll dough as needed. Repeat procedure with remaining pie crusts, making 12 to 15 circles total. Arrange 1 round on a clean, flat surface. Using a pastry brush, lightly brush the edges of crust with water.
- Place 1 heaping teaspoon of chicken mixture in the center of the round. Fold the dough over the filling, pressing the edges with a fork to seal. Repeat with the remaining rounds and chicken mixture.
- Place empanadas in deep-fryer for 3 to 5 minutes or until golden brown. Top with con queso dip.
- Note: Up to this point, the recipe can be made ahead and frozen for up to 1 month

- In a medium sauce pot, slowly melt Cheddar over medium/low heat. When cheese is fully melted add tomatoes, chiles, and hot sauce, stirring with spoon until combined well.
- Pour cheese dip into a small casserole dish and serve as a dip for the cheesy empanadas or pour on top for a real cheesy effect.

## Nutrition Facts



### Properties

Glycemic Index:11.07, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:13.342173921025%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 335kcal (16.75%), Fat: 19.26g (29.63%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 19.9g (7.24%), Sugar: 4.72g (5.24%), Cholesterol: 54.65mg (18.22%), Sodium: 1091.22mg (47.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.89%), Phosphorus: 493.28mg (49.33%), Calcium: 319.93mg (31.99%), Vitamin B2: 0.38mg (22.26%), Vitamin B3: 4.44mg (22.21%), Vitamin C: 17.45mg (21.16%), Selenium: 14.3µg (20.43%), Vitamin A: 903.85IU (18.08%), Vitamin B6: 0.34mg (16.96%), Zinc: 1.73mg (11.52%), Potassium: 399.46mg (11.41%), Manganese: 0.22mg (11.01%), Iron: 1.82mg (10.12%), Folate: 36.44µg (9.11%), Vitamin B1: 0.13mg (8.8%), Vitamin B5: 0.74mg (7.37%), Magnesium: 28.08mg (7.02%), Copper: 0.14mg (6.84%), Fiber: 1.67g (6.67%), Vitamin E: 0.85mg (5.64%), Vitamin K: 5µg (4.77%), Vitamin B12: 0.2µg (3.37%)