



Cheesy Chicken Empanadas

READY IN



50 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chipotles in adobo canned minced (in adobo sauce)
- 1 cup cheddar cheese shredded
- 1.5 cups chicken breast strips/pre-cooked/chopped diced shredded leftover cooked (from chicken)
- 1 tablespoon chipotle sauce
- 4 ounces cream cheese diced
- 1 eggs
- 2 cloves garlic minced
- 1 cup greek yogurt

- 3 spring onion thinly sliced
- 1 Dash hot sauce
- 1 jalapeno diced seeded finely
- 1 juice of lime
- 8 servings salt and pepper freshly ground
- 1 tablespoon olive oil
- 0.5 small onion red finely chopped
- 15 ounce pie crust dough refrigerated

Equipment

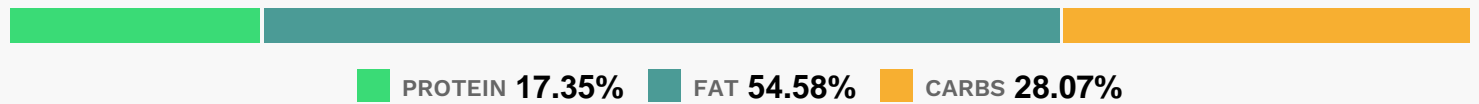
- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Coat a baking sheet with nonstick spray.
- Place a large saute pan over medium heat and add oil. Once the oil is hot, add the onion, jalapeno, garlic, green onions and saute until tender, about 3 minutes. Season with salt and pepper.
- In a large bowl, combine the chicken, cheese, cream cheese, sauteed mixture and hot sauce together.
- Whisk the egg in a small bowl. Set aside.
- Sprinkle flour on your work surface and unroll the pie dough.
- Roll out each round to a 13-inch circle.
- Cut each crust into eight 4-inch circles with a biscuit cutter. You can knead the scraps and then roll out, if necessary. Spoon about 1 heaping tablespoon of the chicken mixture into the center of each round.

- Brush the edges with the egg wash and fold each circle in half. Gently press on the top of the empanada to release any air. Seal the edges with a fork and brush the top with the remaining egg wash.
- Sprinkle with chile powder.
- Bake until golden brown, about 20 minutes.
- Serve the chicken empanadas with the Chili Lime Dipping Sauce.
- Combine the yogurt, chipotle and lime zest and juice in a bowl.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:11.481304386388%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 446.14kcal (22.31%), Fat: 26.95g (41.46%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 28.82g (10.48%), Sugar: 2.85g (3.16%), Cholesterol: 72.46mg (24.15%), Sodium: 587.54mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.54%), Selenium: 19.83µg (28.33%), Vitamin B3: 5.18mg (25.88%), Phosphorus: 228.66mg (22.87%), Vitamin B2: 0.32mg (18.74%), Calcium: 165.53mg (16.55%), Vitamin K: 15.37µg (14.64%), Manganese: 0.28mg (13.88%), Folate: 51.89µg (12.97%), Vitamin B6: 0.26mg (12.81%), Vitamin B1: 0.19mg (12.56%), Iron: 1.97mg (10.92%), Fiber: 2.36g (9.43%), Zinc: 1.34mg (8.92%), Vitamin A: 434.57IU (8.69%), Vitamin B12: 0.49µg (8.24%), Vitamin B5: 0.8mg (8.01%), Magnesium: 26.43mg (6.61%), Potassium: 225.46mg (6.44%), Vitamin E: 0.95mg (6.35%), Vitamin C: 4.8mg (5.82%), Copper: 0.08mg (3.94%), Vitamin D: 0.22µg (1.47%)