



Chicken and Bean Puff Pastry Empanadas

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained and rinsed well canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup cilantro leaves fresh packed
- ☐ 1 clove garlic roughly chopped
- ☐ 2 cloves garlic pressed
- ☐ 1 teaspoon ground cumin
- ☐ 1 small jalapeño finely minced seeded
- ☐ 1 juice of lime juiced

- ☐ 12 servings kosher salt
- ☐ 12 servings kosher salt and pepper black
- ☐ 1 small onion finely chopped
- ☐ 1.5 teaspoon oregano dried
- ☐ 14.5 1 (14.5-ounce) can pineapple pieces canned
- ☐ 1 package puff pastry prepared
- ☐ 3 scallions finely sliced into 1/8-inch rounds
- ☐ 1.5 cups meat from a rotisserie chicken shredded cooked finely
- ☐ 2 pinches caster sugar
- ☐ 1 pound tomatoes ripe roughly chopped (3 medium)
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vegetable oil for brushing

Equipment

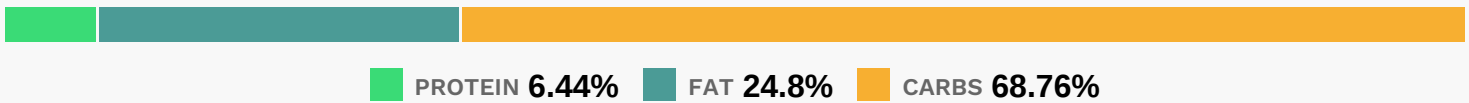
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oil over medium-high heat in a large skillet.
- ☐ Saute onions and garlic until onions are soft and translucent, about 4 minutes.
- ☐ Add spices, stir to mix fully, and cook for 2 to 3 minutes.
- ☐ Add black beans and chicken and season with salt and pepper, to taste. Cook until black beans are heated through, about 5 minutes, then remove from heat and let mixture cool fully.
- ☐ Add cilantro and stir well.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Lay out a sheet of puff pastry on a lightly floured surface. Flour the top of the dough and roll out the puff pastry until it is about 1/16-inch thick and about 12 inches by 16 inches.

- ☐ Trim edges to size, if necessary.
- ☐ Cut 4-inch strips crosswise and lengthwise making 12 (4 by 4-inch) squares. Make sure the squares are well floured and stack them in a little pile.
- ☐ Fill a little dish with some room temperature water. Imagine each square you work with is separated in half by a diagonal.
- ☐ Place a couple tablespoons of filling in the top half. Dip a finger into the water and moisten the edges of the top half with water. Fold the bottom half to meet the edges of the top half. Use a fork to pinch and seal the edges. Lightly brush the tops with vegetable oil.
- ☐ Place finished pockets on a nonstick baking sheet and bake about 12 to 14 minutes, or until golden brown and puffy.
- ☐ In a medium bowl, combine the chopped tomatoes, pineapple, garlic, jalapeno and scallions.
- ☐ Mix well.
- ☐ Add lime juice, sugar, and salt, to taste. Toss well.
- ☐ Serve with the Chicken Empanadas.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:85.79, Inflammation Score:-10, Nutrition Score:39.991303801537%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 927.92kcal (46.4%), Fat: 27.37g (42.11%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 170.77g (56.92%), Net Carbohydrates: 151.56g (55.11%), Sugar: 109.62g (121.8%), Cholesterol: 13.13mg (4.38%), Sodium: 652.87mg (28.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin C: 532.44mg (645.38%), Manganese: 10.51mg (525.71%), Fiber: 19.21g (76.84%), Vitamin B1: 1.11mg (73.99%), Vitamin B6: 1.38mg (69.21%), Copper: 1.36mg (68.15%), Folate: 261.53µg (65.38%), Vitamin B3: 9.07mg (45.35%), Potassium: 1491.82mg (42.62%),

Vitamin K: 44.06µg (41.96%), Magnesium: 161.27mg (40.32%), Vitamin B2: 0.55mg (32.37%), Iron: 5.5mg (30.56%),
Vitamin B5: 2.62mg (26.25%), Selenium: 15.93µg (22.76%), Vitamin A: 1070.74IU (21.41%), Phosphorus: 199.17mg
(19.92%), Calcium: 176.17mg (17.62%), Zinc: 2.1mg (14.03%), Vitamin E: 1.53mg (10.21%)