



Chicken and Cheese Empanadas

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 3 oz cream cheese cut into small chunks
- ☐ 1 large eggs
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 2 tablespoons onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 20 oz pizza crust dough refrigerated
- ☐ 2 tablespoons roasted peppers red drained chopped (2-oz. jar)
- ☐ 6 servings salt

- ☐ 0.5 cup swiss cheese shredded
- ☐ 1.5 cups boned cooked coarsely chopped
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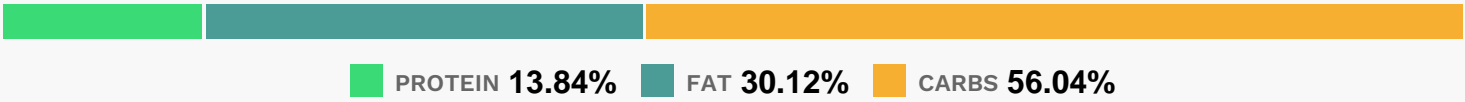
Equipment

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

Directions

- ☐ In a bowl, mix chicken with Swiss cheese, pimientos, onion, and pepper.
- ☐ In a 1 1/2- to 2-quart pan, mix broth with cornstarch.
- ☐ Add cream cheese.
- ☐ Whisk over high heat until mixture is boiling (it will be very thick), 2 to 3 minutes. Scrape over chicken mixture and combine well, adding salt to taste.
- ☐ On a lightly floured board, unroll pizza crust dough.
- ☐ Cut each rectangle crosswise into thirds, for six empanadas, or quarters, for eight pastries. On one end of each piece of dough, mound about 5 tablespoons chicken mixture if making six pastries, about 3 tablespoons for eight. Fold other end of dough over filling to form a rectangle, then fold edges together and pinch to seal.
- ☐ Gently place empanadas, slightly apart, on an oiled 12- by 15-inch baking sheet (you'll need two for eight pastries). In a small bowl, beat egg to blend.
- ☐ Brush generously over each pastry.
- ☐ Bake in a 375 regular or convection oven until empanadas are very richly browned, 22 to 25 minutes (10 to 12 in convection oven).
- ☐ Transfer to a rack and let cool at least 10 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.2039130537406%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 337.84kcal (16.89%), Fat: 11.44g (17.61%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 46.31g (16.84%), Sugar: 6.59g (7.33%), Cholesterol: 53.69mg (17.9%), Sodium: 1095.14mg (47.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.65%), Iron: 2.82mg (15.68%), Calcium: 102.95mg (10.29%), Selenium: 6.98µg (9.97%), Phosphorus: 87.8mg (8.78%), Vitamin B12: 0.41µg (6.92%), Vitamin A: 336.68IU (6.73%), Fiber: 1.59g (6.35%), Vitamin B2: 0.1mg (6.15%), Zinc: 0.59mg (3.96%), Vitamin C: 2.54mg (3.08%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.04mg (2.22%), Manganese: 0.04mg (2.05%), Folate: 7.64µg (1.91%), Vitamin E: 0.27mg (1.77%), Magnesium: 6.64mg (1.66%), Potassium: 56.63mg (1.62%), Copper: 0.03mg (1.36%), Vitamin D: 0.17µg (1.11%)