



Chicken & Cheese Empanadas

READY IN



75 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp calumet baking powder
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 eggs
- 1 cup flour
- 0.5 cup pasilla peppers green chopped
- 0.5 cup onions chopped
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 tsp salt
- 0.3 cup shortening

- 0.5 lb chicken breasts boneless skinless cut into 1/2-inch pieces
- 0.3 cup water cold divided

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap

Directions

- Combine flour, baking powder and salt in medium bowl.
- Cut in shortening with pastry blender or 2 knives until mixture resembles coarse crumbs. Gradually add 1/4 cup water, stirring until mixture forms ball. Knead dough on lightly floured surface 5 min. or until smooth and elastic. Wrap tightly in plastic wrap. Refrigerate while preparing empanada filling.
- Cook chicken, onions and peppers in nonstick skillet on medium-high heat 5 min. or until chicken is no longer pink.
- Add salsa; cook and stir 2 min. Cool completely.
- Heat oven to 375F. Divide dough into 6 pieces; roll out each piece on lightly floured surface to 7-inch round.
- Place in single layer on parchment-covered baking sheet.
- Stir cheese into chicken mixture; spoon about 1/2 cup onto half of each dough round. Beat egg and remaining water until blended; brush onto edges of dough rounds.
- Fold dough rounds in half to enclose filling; press tops lightly to remove excess air. Seal edges with fork.
- Brush with remaining egg.
- Bake 18 to 20 min. or until golden brown.

Nutrition Facts



■ PROTEIN 21.73% ■ FAT 51.47% ■ CARBS 26.8%

Properties

Glycemic Index:38.5, Glycemic Load:12.04, Inflammation Score:-5, Nutrition Score:11.940869600877%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 296.08kcal (14.8%), Fat: 16.9g (26%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.42g (6.7%), Sugar: 1.83g (2.04%), Cholesterol: 70.3mg (23.43%), Sodium: 559.68mg (24.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.11%), Selenium: 27µg (38.57%), Vitamin B3: 5.51mg (27.53%), Phosphorus: 225.07mg (22.51%), Vitamin B6: 0.4mg (19.99%), Calcium: 177.63mg (17.76%), Vitamin B2: 0.27mg (15.96%), Vitamin B1: 0.22mg (14.58%), Vitamin C: 11.83mg (14.35%), Folate: 51.68µg (12.92%), Manganese: 0.21mg (10.45%), Vitamin B5: 0.95mg (9.51%), Zinc: 1.23mg (8.23%), Iron: 1.48mg (8.22%), Potassium: 283.99mg (8.11%), Vitamin A: 389.86IU (7.8%), Vitamin E: 1.14mg (7.59%), Vitamin K: 7.04µg (6.7%), Magnesium: 26.42mg (6.6%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.39g (5.56%), Copper: 0.08mg (4.05%), Vitamin D: 0.3µg (1.98%)