



Chicken Empanada with Chorizo, Raisins, and Olives



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup wine dry white
- ☐ 2 large garlic clove minced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup olive green pitted chopped
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 4.5 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 large onion halved lengthwise cut lengthwise into 1/4-inch-wide strips
- ☐ 0.5 teaspoon paprika smoked spanish hot (not)
- ☐ 1 pound pizza dough frozen thawed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup chorizo diced spanish finely (cured spiced pork sausage;)
- ☐ 2 turkish bay leaf
- ☐ 3 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole ()

Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ spatula
- ☐ rolling pin

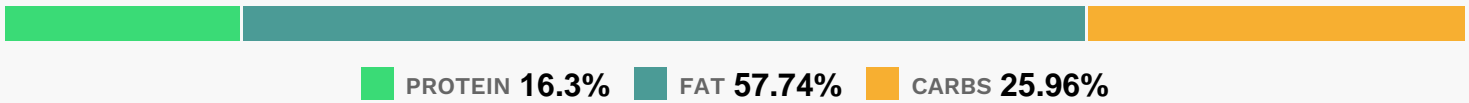
Directions

- ☐ Pat chicken dry and sprinkle with salt and pepper.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, turning over once, about 6 minutes total, and transfer to a plate. Sauté onions, garlic, and bay leaves in fat remaining in skillet, stirring frequently, until onions are softened, 4 to 5 minutes.
- ☐ Add chorizo and paprika and cook, stirring, 1 minute.
- ☐ Add olives, raisins, wine, and broth and bring to a boil, stirring and scraping up any brown bits. Return chicken to skillet along with any juices accumulated on plate, then reduce heat to moderately low and simmer chicken, covered, turning over once, until tender, 25 to 30 minutes total.
- ☐ Transfer chicken to a clean plate. (Sauce in skillet should be the consistency of heavy cream; if it's not, briskly simmer until slightly thickened, about 5 minutes.) When chicken is cool enough to handle, discard skin and bones and coarsely chop meat. Stir chicken into sauce and discard bay leaves. Season with salt and pepper, then cool filling, uncovered, about 30

minutes.

- ☐ Form dough into a ball, then wrap in oiled plastic wrap (oiled side in) and let stand at room temperature 30 minutes.
- ☐ Put oven rack in middle position and preheat oven to 400°F. Grease a 15- by 10-inch shallow baking pan (1 inch deep) with 1 tablespoon oil.
- ☐ Divide dough in half, then roll out 1 half (keep remaining dough covered with plastic wrap) on a floured surface with a floured rolling pin into a 15- by 10-inch rectangle and transfer to baking pan.
- ☐ Spread filling evenly over dough, leaving a 1-inch border, and moisten border with water.
- ☐ Roll out remaining dough in same manner, then arrange over filling and press edges together to seal.
- ☐ Roll edges in and press to form a decorative rim. Make a 1-inch hole (a steam vent) in center of empanada.
- ☐ Bake empanada 15 minutes, then brush crust with 3/4 tablespoon oil and bake until crust is golden brown, 20 to 25 minutes more.
- ☐ Remove from oven and brush empanada with remaining 3/4 tablespoon oil. Cool 10 minutes in pan on a rack, then slide empanada onto rack using a wide metal spatula and cool to warm.
- ☐ Cut empanada into squares and serve warm or at room temperature.
- ☐ • Filling can be made 2 days ahead and cooled, uncovered, then chilled, covered. Bring to room temperature before using. • Empanada can be made 4 hours ahead and kept, uncovered, at room temperature. If desired, reheat in a preheated 375°F oven 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.97, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:7.411304347541%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin:

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin:
0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol:
0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 259.71kcal (12.99%), Fat: 16.3g (25.08%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 16.5g (5.5%), Net
Carbohydrates: 14.97g (5.44%), Sugar: 4.34g (4.82%), Cholesterol: 37.2mg (12.4%), Sodium: 438.78mg (19.08%),
Alcohol: 1.03g (100%), Alcohol %: 1% (100%), Protein: 10.35g (20.7%), Selenium: 14.18µg (20.26%), Phosphorus:
134.28mg (13.43%), Vitamin B3: 2.58mg (12.91%), Vitamin B2: 0.16mg (9.52%), Vitamin B6: 0.19mg (9.44%),
Manganese: 0.19mg (9.26%), Vitamin E: 1.35mg (9%), Calcium: 82.26mg (8.23%), Vitamin B12: 0.49µg (8.08%),
Vitamin B1: 0.12mg (7.83%), Iron: 1.38mg (7.65%), Zinc: 1.06mg (7.06%), Copper: 0.14mg (6.78%), Vitamin K: 6.82µg
(6.5%), Fiber: 1.52g (6.1%), Potassium: 203.24mg (5.81%), Folate: 20.77µg (5.19%), Magnesium: 20.15mg (5.04%),
Vitamin B5: 0.45mg (4.49%), Vitamin A: 224.01IU (4.48%), Vitamin C: 2.63mg (3.19%)