



## Chicken Empanadas

READY IN



55 min.

SERVINGS



12

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce colby and monterey jack cheese blend shredded
- 3 cups meat from a rotisserie chicken cooked chopped
- 4 ounces cream cheese softened
- 1 tablespoon ground cumin
- 1 jalapeño seeded chopped
- 0.5 teaspoon pepper
- 0.3 cup bell pepper red chopped
- 15 ounce pie crusts refrigerated
- 1.5 teaspoons salt

12 servings water

## Equipment

bowl

baking sheet

oven

cookie cutter

## Directions

Preheat oven to 400 degrees F.

Lightly grease a baking sheet. In a large bowl, combine the chicken and next 7 ingredients. Unroll 1 piecrust onto a lightly floured surface.

Roll into a 15-inch circle.

Cut out rounds, using a 3-inch cookie cutter. Re-roll dough as needed. Repeat procedure with remaining piecrusts, making 12 to 15 circles total. Arrange 1 round on a clean, flat surface. Lightly brush the edges of crust with water.

Place 1 heaping teaspoon of chicken mixture in the center of the round. Fold the dough over the filling, pressing the edges with a fork to seal. Repeat with the remaining rounds and chicken mixture. (Up to this point, the recipe can be made ahead and frozen for up to 1 month). Arrange empanadas on the prepared baking sheet.

Bake for 15 minutes.

## Nutrition Facts

 **PROTEIN 19.66%**  **FAT 57.5%**  **CARBS 22.84%**

## Properties

Glycemic Index:10.67, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:8.5399999929511%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 331.17kcal (16.56%), Fat: 21g (32.31%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.72g (6.44%), Sugar: 0.64g (0.72%), Cholesterol: 53.75mg (17.92%), Sodium: 618.54mg (26.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.31%), Selenium: 14.22µg (20.32%), Phosphorus: 192.93mg (19.29%), Vitamin B3: 3.81mg (19.05%), Calcium: 162.22mg (16.22%), Vitamin B2: 0.21mg (12.33%), Iron: 1.86mg (10.32%), Manganese: 0.2mg (9.93%), Vitamin B6: 0.2mg (9.89%), Zinc: 1.38mg (9.18%), Vitamin A: 446.05IU (8.92%), Vitamin B1: 0.13mg (8.64%), Folate: 32.62µg (8.15%), Vitamin C: 5.4mg (6.54%), Vitamin B5: 0.59mg (5.92%), Magnesium: 23.32mg (5.83%), Copper: 0.1mg (5.04%), Potassium: 170.55mg (4.87%), Vitamin B12: 0.28µg (4.65%), Fiber: 1.06g (4.23%), Vitamin K: 3.83µg (3.64%), Vitamin E: 0.41mg (2.7%)