



Chicken Potpie Empanadas

READY IN



45 min.

SERVINGS



4

CALORIES



1165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon flour
- 0.3 teaspoon kosher salt
- 0.8 cup chicken broth low-sodium
- 10 ounce peas-carrots mix shopping list frozen
- 2 inch piecrusts refrigerated such as pillsbury)
- 3 pound rotisserie chicken cut shredded store-bought
- 1 tablespoon butter unsalted
- 0.5 onion diced yellow

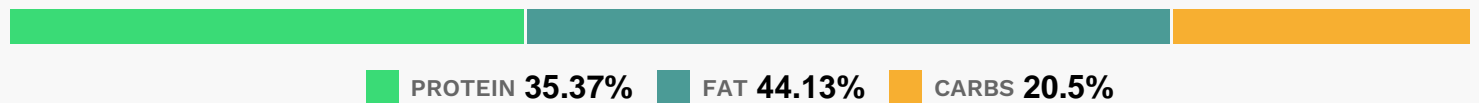
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 400 F. Melt the butter in a saucepan over medium heat.
- Add the onion and cook for 3 minutes.
- Add the flour and cook, stirring constantly, for 1 minute. Still stirring, slowly add the broth. Cook until thickened, about 3 minutes.
- Add the peas and carrots, chicken, salt, and pepper.
- Remove from heat.
- Cut each piecrust in half to form 4 half-circles. Spoon the chicken mixture over the bottom half of each half-circle, leaving a 1/2-inch border. Using your fingers, wet the border with water. Fold the top of each crust over the chicken to form a quarter-circle. Press to seal. Make three 1-inch slits in each top crust.
- Transfer to a baking sheet.
- Bake until golden, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:15.655652094146%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 1165.33kcal (58.27%), Fat: 57.34g (88.21%), Saturated Fat: 17.49g (109.3%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 54.68g (19.88%), Sugar: 0.71g (0.78%), Cholesterol: 334.11mg (111.37%), Sodium: 1805.08mg (78.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 103.4g (206.79%), Vitamin A: 6820.31IU (136.41%), Manganese: 0.66mg (32.78%), Vitamin B1: 0.43mg (28.73%), Folate: 101.68µg (25.42%), Vitamin B3: 4.44mg (22.18%), Fiber: 5.23g (20.9%), Iron: 3.6mg (19.97%), Vitamin B2: 0.26mg (15%), Phosphorus: 134.85mg (13.48%), Vitamin C: 8.96mg (10.85%), Selenium: 7.3µg (10.42%), Copper: 0.17mg (8.55%), Potassium: 297.16mg (8.49%), Magnesium: 30.27mg (7.57%), Vitamin K: 7.81µg (7.44%), Vitamin B6: 0.14mg (7.19%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.58mg (5.77%), Calcium: 44.83mg (4.48%), Vitamin E: 0.55mg (3.64%)