



Chicken Salad Empanadas

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 jumbo biscuits refrigerated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup celery chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.8 teaspoon salt

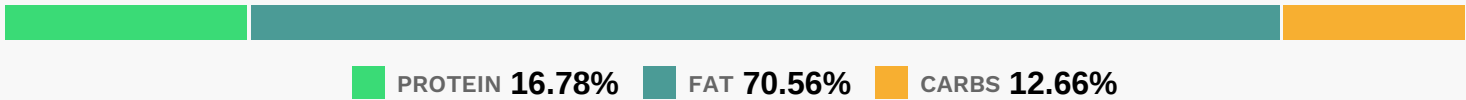
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Stir together chicken, mayonnaise, pecans, celery, lemon juice, salt, and pepper.
- ☐ Roll biscuits into 6-inch circles.
- ☐ Place about 1/4 cup chicken mixture in center of each circle; fold dough over chicken mixture. Press edges with a fork or crimp to seal.
- ☐ Cut slits in tops of pies to allow steam to escape, if desired.
- ☐ Place pies on a parchment paper-lined baking sheet.
- ☐ Bake 20 to 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.08, Inflammation Score:-1, Nutrition Score:5.9747825679572%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 234.98kcal (11.75%), Fat: 18.4g (28.31%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.54g (2.82%), Cholesterol: 32.13mg (10.71%), Sodium: 371.04mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.69%), Vitamin K: 25.09µg (23.9%), Vitamin B3: 3.15mg (15.74%), Selenium: 9.73µg (13.9%), Manganese: 0.25mg (12.38%), Phosphorus: 89.32mg (8.93%), Vitamin B6: 0.16mg (8.23%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.09mg (5.49%), Zinc: 0.8mg (5.31%), Vitamin E: 0.78mg (5.17%), Iron: 0.87mg (4.85%), Vitamin B5: 0.44mg (4.44%), Copper: 0.08mg (4.19%), Magnesium: 14.57mg (3.64%), Potassium: 121.61mg (3.47%), Folate: 13.35µg (3.34%), Fiber: 0.6g (2.41%), Vitamin B12: 0.12µg (1.97%), Vitamin C: 1.59mg (1.93%), Calcium: 11.41mg (1.14%)