



Cranberry Chicken Salad Empanadas

 Dairy Free

READY IN



26 min.

SERVINGS



10

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup deli chicken salad
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup pecans toasted
- ☐ 15 oz piecrusts refrigerated
- ☐ 0.3 cup cranberries dried sweetened

Equipment

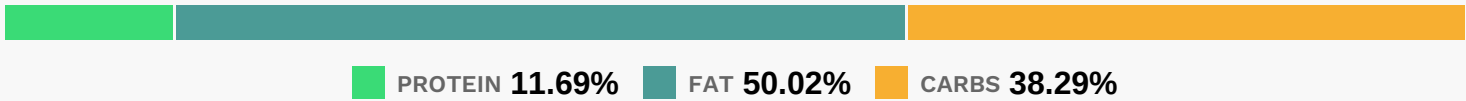
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Working with 1 crust at a time, unroll piecrust according to package directions onto a lightly floured surface.
- ☐ Cut each piecrust into 4 (4 1/2") circles.
- ☐ Combine chicken salad, cranberries, and pecans in a bowl. Spoon about 2 Tbsp. chicken salad mixture in center of each circle.
- ☐ Brush edges of circles with beaten egg. Fold dough over filling for each empanada, pressing edges with a fork to seal.
- ☐ Place empanadas onto a lightly greased baking sheet, and brush with beaten egg. Repeat procedure with remaining piecrust circles, chicken salad mixture, and beaten egg.
- ☐ Bake at 400 for 16 minutes or until lightly browned.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.9495652186806%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 262.22kcal (13.11%), Fat: 14.66g (22.56%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 23.63g (8.59%), Sugar: 3.27g (3.64%), Cholesterol: 30.67mg (10.22%), Sodium: 424.91mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Manganese: 0.37mg (18.44%), Vitamin B3: 3.36mg (16.8%), Phosphorus: 111.71mg (11.17%), Selenium: 7.24µg (10.35%), Vitamin B1: 0.15mg (10.32%), Folate:

34.57µg (8.64%), Iron: 1.39mg (7.74%), Vitamin B6: 0.14mg (7.21%), Vitamin B2: 0.12mg (6.93%), Fiber: 1.63g (6.5%), Vitamin B5: 0.52mg (5.2%), Magnesium: 17.69mg (4.42%), Copper: 0.09mg (4.32%), Potassium: 150.2mg (4.29%), Zinc: 0.55mg (3.63%), Vitamin K: 3.55µg (3.38%), Vitamin E: 0.46mg (3.06%), Calcium: 16.39mg (1.64%), Vitamin B12: 0.08µg (1.29%)