

Empanadas

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces skinned and boned chicken breasts cut into 1/2-inch pieces
- 2 tablespoons chicken broth
- 1 teaspoon cilantro leaves fresh minced
- 1 garlic clove minced
- 0.5 bell pepper green minced
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper
- 4 pimento-stuffed olives green coarsely chopped

- 2 tablespoons raisins
- 0.5 teaspoon salt
- 36 servings salt to taste
- 0.5 tomatoes seeded coarsely chopped
- 1 tablespoon tomato paste
- 36 square square won ton wrappers ()

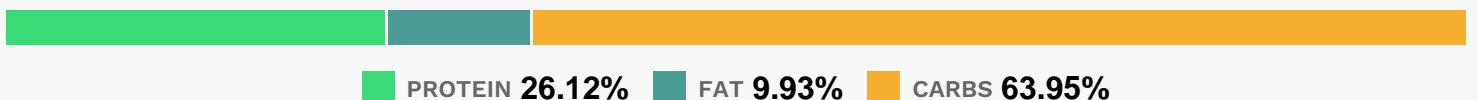
Equipment

- food processor
- frying pan
- baking sheet
- oven

Directions

- Cook first 13 ingredients in a large skillet coated with cooking spray over medium heat 5 minutes or until chicken is done, stirring often.
- Process chicken mixture in a food processor until coarsely chopped. (
- Mixture should be fairly dry.
- Add 1 tablespoon breadcrumbs if mixture is wet.) Cover and chill 30 minutes.
- Arrange 1 won ton wrapper on a clean, flat surface. Lightly brush edges of wrapper with water.
- Place 1 heaping teaspoon of chicken mixture in center of wrapper. Fold dough over filling, pressing edges with a fork to seal. Repeat with remaining wrappers and chicken mixture. Arrange empanadas on a baking sheet coated with cooking spray. Lightly coat empanadas with cooking spray.
- Bake at 400 for 12 minutes or until golden brown, turning after 6 minutes.
- Sprinkle with salt to taste.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.7208695654636%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 33.47kcal (1.67%), Fat: 0.37g (0.56%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 5.02g (1.82%), Sugar: 0.15g (0.16%), Cholesterol: 4.72mg (1.57%), Sodium: 290.27mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Selenium: 4.18µg (5.97%), Vitamin B3: 1.11mg (5.55%), Manganese: 0.06mg (3.16%), Vitamin B1: 0.05mg (3.09%), Vitamin B6: 0.06mg (2.92%), Vitamin B2: 0.04mg (2.26%), Vitamin C: 1.81mg (2.19%), Phosphorus: 21.4mg (2.14%), Iron: 0.35mg (1.93%), Folate: 7.23µg (1.81%), Potassium: 49.38mg (1.41%), Fiber: 0.28g (1.14%), Magnesium: 4.16mg (1.04%), Copper: 0.02mg (1.03%)