



Empanadas de Pollo (Chicken Turnovers)

READY IN



80 min.

SERVINGS



18

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup campbell's® condensed chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 clove garlic minced
- ☐ 18 servings salt and ground pepper black
- ☐ 2 tablespoons onions minced
- ☐ 1 teaspoon paprika spanish hot or mild
- ☐ 2 tablespoons pimiento-stuffed olives sliced

- ☐ 17.3 ounce puff pastry sheets thawed pepperidge farm®
- ☐ 1 cup meat from a rotisserie chicken shredded cooked

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the butter in an 8-inch skillet over medium heat.
- ☐ Add the onion and cook for 2 minutes, stirring occasionally. Stir in the parsley, garlic and paprika.
- ☐ Sprinkle in the flour and stir well.
- ☐ Whisk in the broth. Reduce the heat to low. Cook and stir for 1 minute or until the mixture is thickened.
- ☐ Stir in the chicken and olives and cook for 3 minutes or until the chicken is hot.
- ☐ Remove the skillet from the heat.
- ☐ Let cool for 10 minutes. Season with the salt and ground black pepper.
- ☐ Heat the oven to 400 degrees F. Grease or line a baking sheet with parchment paper.
- ☐ Cut each pastry sheet into 9 squares, making 18 in all.
- ☐ Roll out on a lightly floured surface or pick up and stretch each square to 4x4-inches in size.
- ☐ Place about 1 tablespoon chicken mixture in the center of each square. Fold the pastry over the filling to make a triangle and pinch the edges together to seal.
- ☐ Place the empanadas onto the baking sheet. Crimp the edges of the empanadas with a fork.
- ☐ Bake for 20 minutes or until the empanadas are golden brown.

Nutrition Facts



 **PROTEIN 9.42%**  **FAT 60.74%**  **CARBS 29.84%**

Properties

Glycemic Index:18.56, Glycemic Load:6.94, Inflammation Score:-1, Nutrition Score:3.5191304100596%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 172.99kcal (8.65%), Fat: 11.69g (17.98%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.41g (4.51%), Sugar: 0.3g (0.33%), Cholesterol: 7.64mg (2.55%), Sodium: 117mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Selenium: 8.72µg (12.46%), Vitamin B3: 1.8mg (9%), Vitamin B1: 0.12mg (7.96%), Manganese: 0.16mg (7.89%), Vitamin K: 8.28µg (7.89%), Folate: 23.15µg (5.79%), Vitamin B2: 0.1mg (5.64%), Iron: 0.85mg (4.72%), Phosphorus: 33.15mg (3.32%), Vitamin B6: 0.04mg (2.14%), Copper: 0.04mg (2.04%), Fiber: 0.51g (2.04%), Zinc: 0.28mg (1.86%), Magnesium: 6.73mg (1.68%), Vitamin E: 0.21mg (1.4%), Potassium: 42.04mg (1.2%), Vitamin A: 54.4IU (1.09%)