



Spicy Chicken Empanadas with Orange Salsa Verde

READY IN

ready

43 min.

SERVINGS

servings

10

CALORIES

calories

458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper or)
- ☐ 1 eggs mixed with 1 tablespoon water, for egg wash
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 can chiles diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 jalapeño diced seeded finely
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.3 cup orange juice fresh
- ☐ 10 servings vegetable oil; peanut oil preferred for fryer
- ☐ 2 cups pepper jack cheese grated
- ☐ 10 servings pie dough prepared
- ☐ 1 rotisserie chicken cut finely chopped
- ☐ 1 jar salsa verde prepared
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 2 tablespoons vegetable oil
- ☐ 1 medium onion diced yellow finely

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat vegetable oil in a medium saute pan, add onions, green chiles, jalapenos, garlic and cumin and saute until onions are translucent.
- ☐ In large bowl combine chicken, lime juice and cilantro.
- ☐ Add the onion-chili mixture and mix. Stir in cheese and season with salt and pepper, to taste.
- ☐ Using a 4-inch ring mold, cut circles from prepared pie dough. Put about 1 tablespoon of the chicken mixture in center of dough.
- ☐ Brush egg wash around circumference of the dough. Fold top half over to form a half circle. Seal with the tines of a fork.
- ☐ Heat a deep-fryer to 325 degrees F. with peanut oil. Submerge a few empanadas into oil until golden brown, about 2 minutes.
- ☐ Remove and drain on paper towels. Cool slightly and serve with Orange Salsa Verde dipping sauce.
- ☐ In a large bowl combine all ingredients.

Nutrition Facts

PROTEIN 21.03% FAT 67.38% CARBS 11.59%

Properties

Glycemic Index:26.9, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:6.6552172743756%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 458.16kcal (22.91%), Fat: 34.52g (53.11%), Saturated Fat: 10.29g (64.28%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.34g (4.49%), Sugar: 1.23g (1.36%), Cholesterol: 94.08mg (31.36%), Sodium: 483.61mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.49%), Calcium: 185.65mg (18.56%), Vitamin E: 2.68mg (17.88%), Phosphorus: 132.29mg (13.23%), Vitamin C: 9.83mg (11.92%), Vitamin B2: 0.16mg (9.15%), Selenium: 6.04µg (8.63%), Vitamin K: 8.87µg (8.44%), Folate: 31.87µg (7.97%), Manganese: 0.14mg (7.11%), Iron: 1.08mg (6.01%), Zinc: 0.88mg (5.88%), Vitamin A: 273.56IU (5.47%), Vitamin B1: 0.08mg (5.24%), Fiber: 1.02g (4.08%), Vitamin B6: 0.08mg (3.93%), Vitamin B12: 0.23µg (3.78%), Vitamin B3: 0.74mg (3.68%), Magnesium: 13.23mg (3.31%), Potassium: 99.78mg (2.85%), Vitamin B5: 0.25mg (2.49%), Copper: 0.04mg (1.97%), Vitamin D: 0.22µg (1.49%)