

# Chicken Empanadas

Yield: 10 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-empanadas-recipes>

## Ingredients:

- 2 tablespoons olive oil
- 1/2 cup onion minced
- 1 red bell pepper minced
- 1 orange bell pepper or Yellow, minced
- 4 garlic cloves minced
- 2 tablespoons cilantro finely minced
- 2 cups chicken breast Shredded, 1.5 lbs raw
- 2 teaspoons chicken bouillon
- 1 cup water
- 1 tablespoon tomato paste
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 egg for egg wash
- 10 shells Goya empanada dough, you can also use store-bought pie crust, or use our homemade empanada dough

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 40 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 250 milligrams
9. Sugar: 2 grams

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