

# Spicy Chicken Empanadas

Yield: 24 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crema-recipe-using-sour-cream>

## Ingredients:

- 1 whole chicken breast 1 pound, skin removed
- 1/2 white onion halved
- 1 bay leaf dried
- 1 poblano chile fresh
- 6 cups vegetable oil
- 2 garlic cloves crushed
- 3/4 teaspoon ground cumin
- 1/4 teaspoon canela ground, Mexican cinnamon or regular cinnamon
- 4 plum tomatoes canned, coarsely chopped
- 2 chipotle chiles canned, in adobo, coarsely chopped
- freshly ground pepper
- coarse salt
- 2 tablespoons chopped fresh cilantro coarsely
- 1 tablespoon pepitas pumpkin seeds, toasted and coarsely chopped
- empanada dough
- 1/2 cup queso blanco shredded
- 1/4 cup sugar for sprinkling
- crema optional
- sour cream optional

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 10 milligrams
4. Fat: 58 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 90 milligrams

9. Sugar: 3 grams
  10. TransFat: 1.5 grams
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