

# Chicken Empanada

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-chicken-empanada-recipe>

## Ingredients:

- 1 1/2 pounds boneless chicken breast cut into cubes
- 1 piece onion medium-sized, minced
- 1 tablespoon garlic minced
- 1 cup potato diced
- 1 cup carrot diced
- 1 cup green peas
- 1/4 cup raisins
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 tablespoons sugar
- 1/2 piece chicken cube
- 2 tablespoons cooking oil
- 3 cups flour
- 6 tablespoons water cold
- 1 piece egg
- 1 cup butter cold
- 1/2 teaspoon baking powder

## Nutrition:

1. Calories: 1150 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 230 milligrams
4. Fat: 59 grams
5. Fiber: 7 grams
6. Protein: 49 grams
7. SaturatedFat: 31 grams
8. Sodium: 1210 milligrams
9. Sugar: 21 grams

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