

Easy as Pie Chicken Empanada

Yield: 12 min
Total Time: 35 min

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

Ingredients:

- 2 cups vegetable oil for frying
- 2 cups flour Maseca
- 1 1/2 cups water
- 2 chicken breasts or already made rotisserie chicken, cut off breasts, shredded
- 3 plum tomatoes chopped
- 2 cloves garlic coarsely chopped
- 1 white onion small or 1/2 large, chopped
- 2 chipotle peppers in Adobe sauce seeds removed or left in if you want your chicken mixture to be spicy then chop peppers
- 1/4 cup fresh cilantro chopped
- 1 teaspoon chicken broth powdered
- 1/4 teaspoon cumin
- salt
- pepper
- 2 tablespoons vegetable oil
- 1 cup Mexican crema plain yogurt or even sour cream
- 2 chipotle peppers in adobo sauce seeds removed
- 1 garlic clove
- 1 juice lime
- salt to taste

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 35 milligrams
4. Fat: 43 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 5 grams

8. Sodium: 190 milligrams
 9. Sugar: 3 grams
 10. TransFat: 1 grams
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