

Mexican Chicken Empanadas

Yield: 12 min
Total Time: 50 min

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

Ingredients:

- 7 ounces chicken breast
- 2 tablespoons olive oil
- 1 tablespoon Mexican seasoning
- 1 small onion
- 1 garlic clove minced
- empanada dough for baking
- 1 egg

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 85 milligrams

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