



## Apple Cherry Turnovers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 cup cherries dried
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 apples i use 2 granny smith apples
- ☐ 2 tablespoons granulated sugar
- ☐ 8.5 oz puff pastry frozen thawed

## Equipment

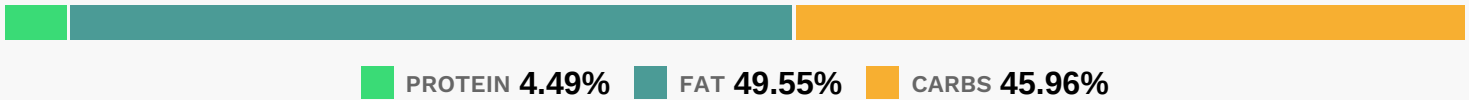
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut puff pastry into 4 equal squares and place on a rimmed baking sheet lined with parchment.
- ☐ Peel, quarter, and thinly slice apple. In a bowl, sprinkle apple with sugars and cinnamon, tossing to coat, then add cherries.
- ☐ Place an equal amount of apple mixture in center of each square of dough. Pull 1 corner of dough over mixture to meet opposite corner and form a triangle, then press to seal the 2 corners together, leaving sides open.
- ☐ Bake until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:21.09, Inflammation Score:-3, Nutrition Score:6.6282607550206%

Flavonoids

Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 412.67kcal (20.63%), Fat: 23.09g (35.52%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 45.75g (16.64%), Sugar: 19.2g (21.33%), Cholesterol: 0mg (0%), Sodium: 152.21mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Selenium: 14.69µg (20.99%), Manganese: 0.35mg (17.39%), Vitamin B1: 0.25mg (16.81%), Vitamin B3: 2.59mg (12.94%), Folate: 49.11µg (12.28%), Vitamin B2: 0.19mg (11.13%), Vitamin K: 11.1µg (10.57%), Fiber: 2.42g (9.7%), Iron: 1.71mg (9.53%), Copper: 0.09mg (4.75%), Phosphorus: 45.09mg (4.51%), Vitamin C: 3.31mg (4.01%), Potassium: 132.37mg (3.78%), Magnesium: 14.43mg (3.61%), Vitamin E: 0.42mg (2.81%), Zinc: 0.35mg (2.36%), Vitamin B6: 0.04mg (2.12%), Calcium: 17.29mg (1.73%)