



Apple-Cinnamon Turnovers

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon currants
- 1 teaspoon flour all-purpose
- 0.3 teaspoon ground cinnamon
- 4 sheets phyllo pastry frozen thawed
- 0.5 cup apple sauce unsweetened
- 0.1 teaspoon vanilla extract

Equipment

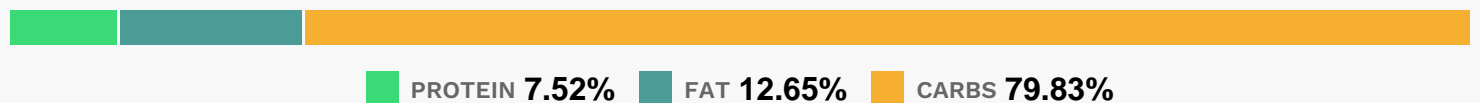
- baking sheet

- oven
- knife
- wax paper

Directions

- Combine first 5 ingredients; stir well.
- Place 1 sheet of phyllo on wax paper (keep remaining phyllo covered). Coat phyllo with cooking spray; sprinkle with 1 teaspoon sweetener. Top with 1 sheet of phyllo; coat with cooking spray, and sprinkle with 1 teaspoon sweetener.
- Cut stack of phyllo lengthwise into 4 equal strips, using a sharp knife. Repeat with remaining phyllo and 2 teaspoons sweetener.
- Preheat oven to 37
- Place 1 tablespoon applesauce mixture at base of 1 strip. Fold right bottom corner of phyllo over filling, making a triangle. Fold back and forth into a triangle to end of strip.
- Place, seam side down, on an ungreased baking sheet. Repeat with remaining phyllo strips and filling (keep covered before baking).
- Combine remaining 1 teaspoon sweetener and cinnamon. Coat triangles with cooking spray; sprinkle evenly with sweetener mixture.
- Bake at 375 for 10 minutes or until golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:1.2378260807499%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 41.49kcal (2.07%), Fat: 0.59g (0.91%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.94g (2.89%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 47.01mg (2.04%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 0.79g (1.59%), Vitamin B1: 0.06mg (4.02%), Manganese: 0.07mg (3.53%), Selenium: 2.36µg (3.37%), Vitamin B2: 0.04mg (2.41%), Folate: 9.47µg (2.37%), Vitamin B3: 0.45mg (2.23%), Iron: 0.39mg (2.18%), Fiber: 0.47g (1.88%), Phosphorus: 10.06mg (1.01%)