



Apple Cranberry Phyllo Turnovers

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons canola oil
- 1 teaspoon cornstarch dissolved in 1 tablespoon cold water
- 0.3 cup cranberries dried
- 4 granny smith apples cored peeled cut into 1/4-inch slices (1 1/2 pounds)
- 0.5 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 4 ladyfinger cookies divided crushed
- 0.3 cup brown sugar light packed

- 6 sheets phyllo dough thawed

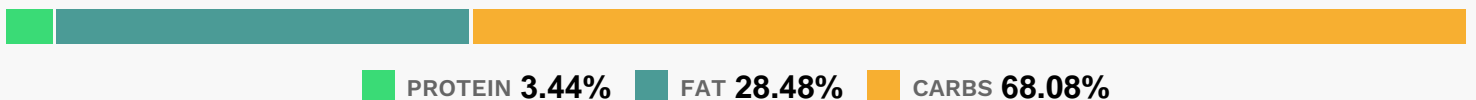
Equipment

- frying pan
- baking sheet
- oven
- cutting board

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a large nonstick pan cook the apples, cranberries, sugar, cinnamon and nutmeg over medium heat stirring occasionally until the fruit is tender, about 10 minutes. Stir in the cornstarch mixture and cook for another 2 to 3 minutes, until the juices in the pan thicken. Set aside to cool.
- Lay a sheet of phyllo onto a large cutting board and brush the dough with oil. Top with a second sheet and brush with oil.
- Sprinkle half the crushed cookies on top.
- Add another sheet of phyllo and brush with oil.
- Cut the phyllo into 4 long pieces. Put a small mound of the apple mixture about 1-inch from the bottom of 1 section and fold the phyllo over the mixture into a triangle-shaped pocket. Continue to fold to maintain the triangle shape so a turnover is formed. Repeat with the other 3 sections. Repeat the whole process again with 3 more sheets of phyllo so that you wind up with 8 turnovers. Be sure to reserve a little oil to brush the top of each turnover.
- Spray a baking sheet with cooking spray, place the turnovers on the sheet, brush the tops with the remaining oil and bake for 20 to 25 minutes or until nicely browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:6.09, Inflammation Score:-2, Nutrition Score:4.0078261131826%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 6.86g (10.56%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 34.03g (12.37%), Sugar: 22.09g (24.54%), Cholesterol: 12.15mg (4.05%), Sodium: 80.7mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Fiber: 2.87g (11.49%), Vitamin E: 1.2mg (8.02%), Manganese: 0.16mg (7.89%), Vitamin B1: 0.11mg (7.29%), Vitamin K: 6.52µg (6.21%), Vitamin B2: 0.1mg (5.73%), Vitamin C: 4.2mg (5.1%), Selenium: 3.47µg (4.96%), Folate: 19.7µg (4.92%), Iron: 0.86mg (4.8%), Vitamin B3: 0.82mg (4.1%), Potassium: 129.78mg (3.71%), Phosphorus: 31.36mg (3.14%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.68%), Magnesium: 8.69mg (2.17%), Calcium: 19.16mg (1.92%), Vitamin B5: 0.18mg (1.83%), Vitamin A: 80.22IU (1.6%), Zinc: 0.18mg (1.21%)