



Apple-Maple Turnovers

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 granny smith apples cored peeled cut into 1/2-inch dice
- 2 tablespoons maple syrup
- 1 tablespoon milk
- 1 sheet puff pastry frozen thawed (half of a 17.5-oz. box)
- 3 tablespoons sugar
- 2 tablespoons butter unsalted

Equipment

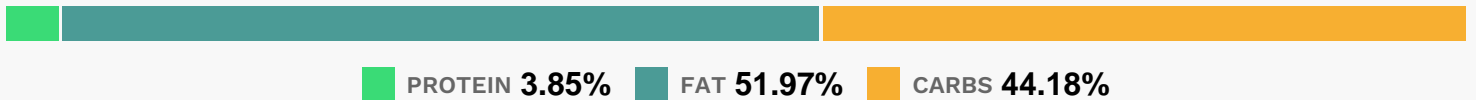
- bowl

- frying pan
- baking sheet
- oven

Directions

- Melt butter over medium-high heat in a medium skillet.
- Add apples and cook, stirring occasionally, until browned and beginning to soften, 5 minutes. Stir in 2 Tbsp. sugar and maple syrup. Cook, stirring, until apples are soft but not falling apart and liquid is syrupy, 1 to 2 minutes.
- Transfer to a bowl and let cool completely.
- Preheat oven to 400F. Line a baking sheet with parchment. Unroll pastry; cut into 4 squares.
- Place 1 piece of pastry in front of you so that a point faces you. Spoon apple mixture over half, leaving a 1/2-inch border. Fold over to enclose filling, forming a triangle. Press edges with a fork to seal. Repeat with remaining pastry pieces and apples.
- Place on baking sheet, brush with milk, sprinkle with remaining 1 Tbsp. sugar and bake until puffed and golden, 20 to 22 minutes.
- Let stand for 5 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:10.83, Inflammation Score:-2, Nutrition Score:3.3108695648287%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 199.56kcal (9.98%), Fat: 11.73g (18.04%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.18g (7.7%), Sugar: 10.03g (11.14%), Cholesterol: 6.2mg (2.07%), Sodium: 62.64mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Manganese: 0.22mg (11.23%), Selenium: 6.01µg (8.58%), Vitamin B2: 0.13mg (7.84%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.06mg (5.3%), Folate: 20.29µg (5.07%), Fiber: 1.24g (4.96%), Vitamin K: 4.95µg (4.71%), Iron: 0.68mg (3.76%), Phosphorus: 20.89mg (2.09%), Vitamin C: 1.67mg (2.03%), Copper: 0.04mg (1.92%), Potassium: 65.89mg (1.88%), Vitamin A: 92.3IU (1.85%), Vitamin E: 0.26mg (1.76%), Magnesium: 6.82mg (1.7%), Zinc: 0.18mg (1.21%), Calcium: 11.55mg (1.15%), Vitamin B6: 0.02mg (1.05%)