



## Apple-Raspberry Turnovers

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 medium apples diced cored peeled
- 0.3 teaspoon cinnamon
- 1.5 teaspoons cornstarch
- 1 large eggs lightly beaten
- 1 sheet puff pastry frozen thawed (from 117.5-oz. package)
- 2 tablespoons raspberry jam seedless
- 1.5 tablespoons sugar

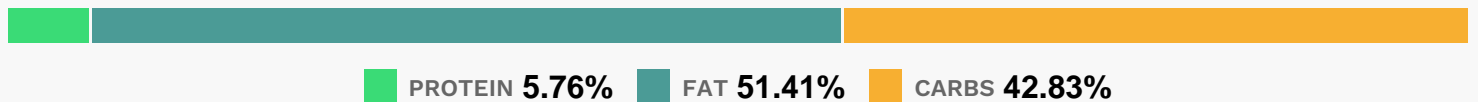
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- pizza cutter

## Directions

- Position a rack in lower third of oven and preheat to 400F. Line a baking sheet with a piece of parchment paper.
- Combine apples, jam and cornstarch in a medium bowl.
- Mix sugar and cinnamon in a separate small bowl.
- On a lightly floured surface, roll out puff pastry into an 8-by-12-inch rectangle.
- Cut pastry into 6 4-inch squares with a sharp knife or pizza cutter.
- Spoon some apple mixture into center of each square, leaving a 1-inch border.
- Brush borders with beaten egg. Fold each square into a triangle and press edges with tines of a fork to seal (be sure to seal tightly). Using a sharp paring knife, cut 2 small steam vents in top of each turnover.
- Sprinkle each turnover with cinnamon sugar.
- Place turnovers on lined baking sheet.
- Bake until golden and puffed, about 20 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:21.81, Glycemic Load:9.39, Inflammation Score:-1, Nutrition Score:3.0395652288976%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## **Nutrients (% of daily need)**

Calories: 170.93kcal (8.55%), Fat: 9.85g (15.15%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.58g (6.39%), Sugar: 5.83g (6.48%), Cholesterol: 18.6mg (6.2%), Sodium: 69.62mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Selenium: 7.56µg (10.81%), Manganese: 0.14mg (6.89%), Vitamin B1: 0.1mg (6.88%), Vitamin B2: 0.1mg (5.9%), Folate: 22.45µg (5.61%), Vitamin B3: 1.04mg (5.22%), Iron: 0.76mg (4.24%), Vitamin K: 4.38µg (4.17%), Fiber: 0.88g (3.51%), Phosphorus: 27.43mg (2.74%), Copper: 0.04mg (2.04%), Vitamin E: 0.22mg (1.49%), Vitamin C: 1.19mg (1.44%), Magnesium: 5.63mg (1.41%), Zinc: 0.21mg (1.37%), Potassium: 44.66mg (1.28%), Vitamin B6: 0.02mg (1.1%)