



Apple Turnovers

READY IN



35 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup peach pie filling chopped reduced-calorie
- 0.5 teaspoon apple pie spice
- 1 tablespoon milk 1% low-fat
- 6 sheets phyllo pastry frozen thawed
- 1 cup powdered sugar sifted
- 0.3 cup raisins

Equipment

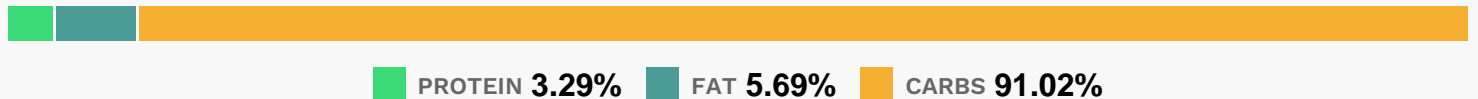
- bowl

- baking sheet
- oven
- wire rack

Directions

- Combine first 3 ingredients in a small bowl; set aside.
- Place 1 sheet of phyllo on a damp towel (keep remaining phyllo covered). Lightly coat phyllo with cooking spray.
- Place another sheet of phyllo over first sheet; coat with cooking spray.
- Cut stacked sheets lengthwise into 4 equal strips (each about 3 1/4 inches wide).
- Working with one strip at a time, place 1 heaping tablespoon apple mixture at base of strip (keep remaining strips covered). Fold the right bottom corner over apple mixture to form a triangle. Continue folding the triangle back and forth to end of strip. Repeat folding process with next 3 strips.
- Place triangles, seam sides down, on a baking sheet coated with cooking spray. (Keep triangles covered before baking.) Repeat procedure twice with remaining phyllo sheets and apple mixture.
- Bake at 400 for 15 minutes or until golden.
- Remove from baking sheet, and let cool 5 minutes on a wire rack.
- Combine powdered sugar and milk, stirring until smooth.
- Drizzle sugar mixture evenly over turnovers.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:0.80652173041649%

Nutrients (% of daily need)

Calories: 58.07kcal (2.9%), Fat: 0.38g (0.58%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 13.21g (4.8%), Sugar: 7.55g (8.39%), Cholesterol: 0.04mg (0.01%), Sodium: 34.04mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin B1: 0.03mg (2.32%), Manganese: 0.04mg (2.17%), Selenium: 1.43µg (2.04%), Vitamin B2: 0.03mg (1.55%), Iron: 0.28mg (1.54%), Fiber: 0.36g (1.43%), Vitamin B3: 0.26mg (1.29%), Folate: 5.1µg (1.27%)