



Bacon, Potato, and Leek Turnovers

READY IN



45 min.

SERVINGS



12

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 bacon crumbled cooked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 cups leek chopped
- ☐ 2 tablespoons buttermilk low-fat
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup water
- ☐ 12 pizza dough

☐ 3 cups yukon gold potatoes red cubed ()

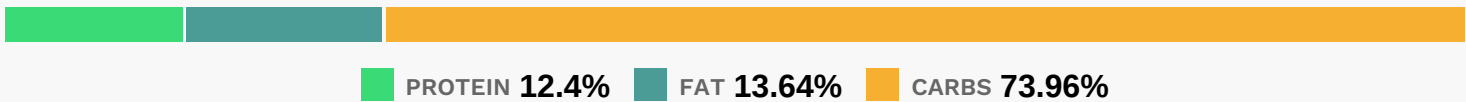
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine potato, chopped leek, and 3/4 cup water in a microwave-safe pie plate or bowl; lightly cover with wax paper. Microwave at high 8 minutes or until tender, stirring every 3 minutes. Coarsely mash mixture with a fork. Stir in chives and the next 5 ingredients (through bacon). Cool slightly.
- ☐ Preheat oven to 42
- ☐ Place the Savory Cornmeal-Whole Wheat Dough circles on a lightly floured surface. Spoon 1/4 cup potato mixture into center of each dough circle. Fold dough over filling; press edges together with a fork or fingers to seal.
- ☐ Place turnovers on a large baking sheet lined with parchment paper. Pierce top of each turnover once with a fork.
- ☐ Bake at 425 for 17 minutes or until lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:8.17, Inflammation Score:-3, Nutrition Score:7.1595651713078%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 890.36kcal (44.52%), Fat: 14.54g (22.36%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 177.31g (59.1%), Net Carbohydrates: 161.99g (58.91%), Sugar: 1.18g (1.31%), Cholesterol: 1.99mg (0.66%), Sodium: 1838.18mg (79.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.72g (59.44%), Fiber: 15.32g (61.26%), Vitamin C: 13.75mg (16.66%), Vitamin B6: 0.22mg (10.93%), Vitamin K: 9.25µg (8.81%), Manganese: 0.17mg (8.5%), Potassium: 288.97mg (8.26%), Vitamin A: 278.62IU (5.57%), Phosphorus: 52.44mg (5.24%), Folate: 19.67µg (4.92%), Magnesium: 19.25mg (4.81%), Iron: 0.81mg (4.48%), Copper: 0.09mg (4.37%), Vitamin B1: 0.07mg (4.35%), Vitamin B3: 0.83mg (4.15%), Calcium: 29.94mg (2.99%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.03mg (1.98%), Zinc: 0.27mg (1.79%), Selenium: 1.25µg (1.78%), Vitamin E: 0.15mg (1.02%)