



Berry Berry Turnovers



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds blueberries fresh cut into 1/2-inch pieces
- ☐ 4 tablespoons cornstarch
- ☐ 1 eggs beaten
- ☐ 0.3 cup orange juice
- ☐ 1 package puff pastry frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds strawberries fresh quartered
- ☐ 0.8 cup sugar

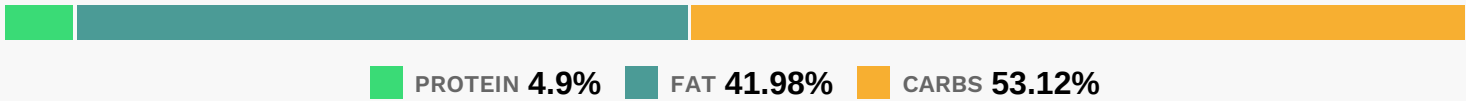
Equipment

- ☐ baking paper
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a medium pot, combine the first 6 ingredients and mix well. Cook on medium heat until tender and syrupy; about 10 minutes. Allow to cool in refrigerator for 1 hour.
- ☐ Roll out the puff pastry into a rectangle on a well-floured surface and cut into 8 squares.
- ☐ Place onto a sheet tray lined with parchment paper.
- ☐ Brush the edges of the square with the beaten egg.
- ☐ Place about 2 1/2 tablespoons of filling in the center of the square, leaving 1-inch on all sides clear. Repeat until all the puff pastry is used. Fold the turnover into a triangle and using a fork, crimp along the edges making sure to enclose all the filling in the pastry.
- ☐ Brush egg wash on top of each triangle.
- ☐ Bake the turnovers until puffy and golden brown, about 8 to 10 minutes. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:34.5, Inflammation Score:-6, Nutrition Score:14.491304265416%

Flavonoids

Cyanidin: 8.62mg, Cyanidin: 8.62mg, Cyanidin: 8.62mg, Cyanidin: 8.62mg Petunidin: 26.91mg, Petunidin: 26.91mg, Petunidin: 26.91mg, Petunidin: 26.91mg Delphinidin: 30.4mg, Delphinidin: 30.4mg, Delphinidin: 30.4mg, Delphinidin: 30.4mg Malvidin: 57.49mg, Malvidin: 57.49mg, Malvidin: 57.49mg, Malvidin: 57.49mg Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg Peonidin: 17.3mg, Peonidin: 17.3mg, Peonidin: 17.3mg, Peonidin: 17.3mg Catechin: 7.14mg, Catechin: 7.14mg, Catechin: 7.14mg, Catechin: 7.14mg Epigallocatechin:

1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 511.96kcal (25.6%), Fat: 24.47g (37.65%), Saturated Fat: 6.12g (38.23%), Carbohydrates: 69.66g (23.22%), Net Carbohydrates: 64.95g (23.62%), Sugar: 32.47g (36.07%), Cholesterol: 20.46mg (6.82%), Sodium: 235.32mg (10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin C: 62.13mg (75.31%), Manganese: 0.92mg (45.93%), Vitamin K: 28.17µg (26.83%), Selenium: 17.17µg (24.53%), Vitamin B1: 0.3mg (20.32%), Folate: 78.2µg (19.55%), Fiber: 4.71g (18.85%), Vitamin B3: 3.27mg (16.36%), Vitamin B2: 0.26mg (15.17%), Iron: 2.3mg (12.75%), Copper: 0.17mg (8.49%), Phosphorus: 80.1mg (8.01%), Vitamin E: 1.12mg (7.49%), Potassium: 256.57mg (7.33%), Magnesium: 27.59mg (6.9%), Vitamin B6: 0.11mg (5.48%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.31mg (3.11%), Calcium: 29.08mg (2.91%), Vitamin A: 101.94IU (2.04%)