



Brandied Prune Turnovers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons almonds toasted chopped
- ☐ 6 tablespoons brandy
- ☐ 6 tablespoons brown sugar
- ☐ 1 teaspoon cornstarch
- ☐ 12 sheets phyllo dough frozen thawed
- ☐ 1 tablespoon powdered sugar
- ☐ 0.8 pound prune- cut to pieces pitted chopped
- ☐ 0.5 cup water

☐ 1 tablespoon water

Equipment

☐ baking sheet

☐ sauce pan

☐ oven

☐ wire rack

☐ kitchen scissors

☐ pizza cutter

Directions

☐ Combine first 3 ingredients in a small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.

☐ Combine 1 tablespoon water and cornstarch; stir well.

☐ Add cornstarch mixture to prune mixture; stir well. Stir in brown sugar. Bring to a boil, and cook 1 minute, stirring constantly.

☐ Remove from heat, and let cool. Stir in nuts.

☐ Working with 1 phyllo sheet at a time, heavily coat each sheet with cooking spray. Stack 1 phyllo sheet on top of another; coat top sheet with cooking spray. Using a pizza cutter or scissors, cut stack lengthwise into 4 (3 1/2-inch-wide) strips.

☐ Spoon about 1 1/2 tablespoons prune mixture on 1 short side of each phyllo strip, and fold left bottom corner over mixture forming a triangle. Keep folding back and forth into triangle to end of strip. Repeat with remaining sheets of phyllo.

☐ Place triangles, seam sides down, on a baking sheet coated with cooking spray. Lightly spray tops with cooking spray.

☐ Bake at 350 for 20 minutes or until golden.

☐ Let cool completely on a wire rack.

☐ Sprinkle with powdered sugar.

Nutrition Facts



 **PROTEIN 6.41%**  **FAT 17.79%**  **CARBS 75.8%**

Properties

Glycemic Index:3.83, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:3.0800000108455%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 98.58kcal (4.93%), Fat: 1.87g (2.88%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.45g (5.98%), Sugar: 8.76g (9.74%), Cholesterol: 0mg (0%), Sodium: 47.36mg (2.06%), Alcohol: 1.25g (100%), Alcohol %: 4.08% (100%), Protein: 1.52g (3.03%), Vitamin K: 8.67µg (8.26%), Manganese: 0.15mg (7.37%), Fiber: 1.5g (6%), Vitamin B2: 0.09mg (5.15%), Vitamin E: 0.71mg (4.72%), Vitamin B1: 0.06mg (4.26%), Copper: 0.08mg (3.92%), Potassium: 133.19mg (3.81%), Vitamin B3: 0.75mg (3.74%), Magnesium: 14.31mg (3.58%), Selenium: 2.4µg (3.43%), Iron: 0.55mg (3.07%), Phosphorus: 29.21mg (2.92%), Folate: 10.06µg (2.51%), Vitamin A: 110.73IU (2.21%), Vitamin B6: 0.04mg (1.83%), Calcium: 16.53mg (1.65%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.1mg (1.04%)