



Broccoli Ham Turnovers

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 0.5 cup finely-chopped ham cubed fully cooked
- 1 eggs
- 4 servings puff pastry for double-crust pie
- 1 tablespoon parsley fresh minced
- 0.5 cup spring onion sliced
- 0.3 teaspoon nutmeg
- 1 tablespoon cup heavy whipping cream
- 4 servings salt and pepper to taste

6 ounces sharp cheddar cheese shredded

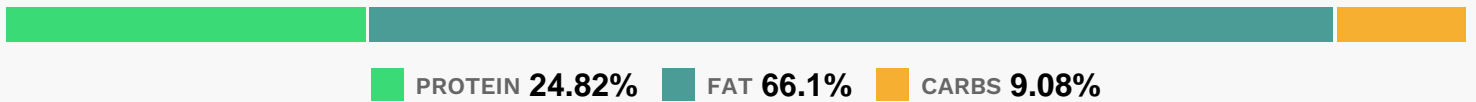
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- steamer basket

Directions

- Place broccoli in a steamer basket over 1 in. of boiling water in a saucepan. Cover and steam for 5–8 minutes or until crisp-tender. Rinse in cold water; drain well. In a bowl, combine broccoli, cheese, ham, onions, parsley, nutmeg, salt and pepper.
- On a floured surface, roll out pastry; cut each in half.
- Place 1-1/2 cups filling on one side of each half; flatten filling with a spoon.
- Combine egg and cream; brush some over pastry edges. Fold pastry over filling. Seal edges and prick tops with a fork.
- Place on a baking sheet; brush with remaining egg mixture.
- Bake at 400° for 18–22 minutes or until golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:17.180000180783%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 249.02kcal (12.45%), Fat: 18.56g (28.56%), Saturated Fat: 9.8g (61.24%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.41g (1.56%), Cholesterol: 97.99mg (32.66%), Sodium: 671.76mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Vitamin K: 90.02µg (85.73%), Vitamin C: 47.58mg (57.68%), Calcium: 342.34mg (34.23%), Phosphorus: 296.06mg (29.61%), Selenium: 19.78µg (28.26%), Vitamin A: 1033.09IU (20.66%), Vitamin B2: 0.35mg (20.33%), Zinc: 2.28mg (15.21%), Folate: 53.73µg (13.43%), Vitamin B12: 0.75µg (12.56%), Vitamin B1: 0.14mg (9.12%), Vitamin B6: 0.17mg (8.7%), Potassium: 276.08mg (7.89%), Vitamin B5: 0.75mg (7.51%), Magnesium: 28.98mg (7.24%), Manganese: 0.14mg (7.01%), Fiber: 1.58g (6.33%), Vitamin E: 0.91mg (6.04%), Iron: 0.99mg (5.53%), Vitamin B3: 0.95mg (4.74%), Copper: 0.08mg (3.76%), Vitamin D: 0.54µg (3.57%)