

Brunch Pockets

READY IN



50 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices deli honey ham thin
- 4 slices deli turkey thin
- 1 eggs lightly beaten
- 2 slices pineapple rings cut in half
- 15 ounces pie crust dough refrigerated
- 4 slices swiss cheese

Equipment

- baking sheet

paper towels

oven

Directions

Cut each pastry sheet into four wedges. Pat pineapple slices dry with paper towels. Top four pastry wedges with one slice each of ham, turkey, cheese and pineapple, folding meat and cheese to fit if necessary. Top each with a pastry wedge; seal and crimp edges with a fork.

Cut slits in pastry.

Place on an ungreased baking sheet.

Brush lightly with egg.

Bake at 350° for 25–30 minutes or until golden brown.

Serve warm.

Nutrition Facts



PROTEIN 12.39% **FAT 54.72%** **CARBS 32.89%**

Properties

Glycemic Index:6.75, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:13.326521772243%

Nutrients (% of daily need)

Calories: 643.44kcal (32.17%), Fat: 38.78g (59.67%), Saturated Fat: 13.8g (86.27%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 49.79g (18.1%), Sugar: 0.25g (0.28%), Cholesterol: 76.65mg (25.55%), Sodium: 909.61mg (39.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Vitamin B1: 0.47mg (31.16%), Selenium: 20.91µg (29.87%), Phosphorus: 274.42mg (27.44%), Manganese: 0.48mg (23.89%), Vitamin B3: 4.14mg (20.7%), Folate: 81.98µg (20.5%), Vitamin B2: 0.34mg (20.26%), Iron: 3.31mg (18.4%), Calcium: 180.58mg (18.06%), Zinc: 2.08mg (13.88%), Vitamin B12: 0.79µg (13.18%), Fiber: 2.66g (10.66%), Vitamin B6: 0.19mg (9.53%), Vitamin B5: 0.8mg (8%), Vitamin K: 8.04µg (7.65%), Magnesium: 30.43mg (7.61%), Copper: 0.14mg (6.97%), Potassium: 227.47mg (6.5%), Vitamin E: 0.81mg (5.38%), Vitamin A: 201.81IU (4.04%), Vitamin D: 0.42µg (2.77%)