



Chocolate Raspberry Turnovers

READY IN



45 min.

SERVINGS



32

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs
- ☐ 3.5 oz fine-quality milk chocolate finely chopped
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 0.3 cup raspberry jam

Equipment

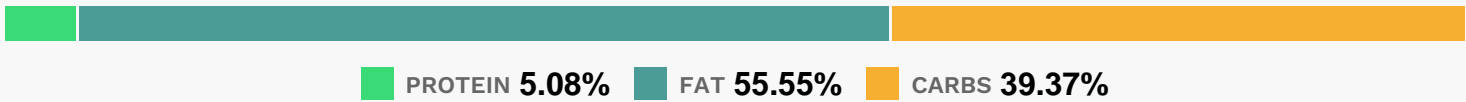
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.
- ☐ Line 2 large baking sheets with parchment paper.
- ☐ Roll out 1 puff pastry sheet into a 12-inch square on a lightly floured surface with a floured rolling pin, then brush off excess flour from both sides.
- ☐ Cut into 16 squares.
- ☐ Whisk together egg and a pinch of salt.
- ☐ Place 1/2 teaspoon jam and 1 teaspoon chocolate in center of each square, then brush edges of squares with some of beaten egg. Fold each square in half to form a triangle, pressing edges to seal.
- ☐ Brush tops of pastries with some of remaining egg and transfer to a lined baking sheet. Chill on sheet while making 16 more pastries in same manner, transferring to second baking sheet.
- ☐ Bake pastries, switching position of sheets halfway through baking, until golden and cooked through, about 20 minutes. Cool on sheets on racks 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:5.78, Inflammation Score:-1, Nutrition Score:1.8278260898331%

Nutrients (% of daily need)

Calories: 112.01kcal (5.6%), Fat: 7.03g (10.82%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.78g (3.92%), Sugar: 3.43g (3.81%), Cholesterol: 5.81mg (1.94%), Sodium: 41.9mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Selenium: 4.34µg (6.19%), Manganese: 0.09mg (4.59%), Vitamin B1: 0.06mg (4.18%), Vitamin B2: 0.06mg (3.56%), Vitamin B3: 0.66mg (3.3%), Folate: 13.14µg (3.28%), Iron: 0.52mg (2.9%), Vitamin K: 2.66µg (2.53%), Copper: 0.04mg (1.99%), Phosphorus: 17.49mg (1.75%), Fiber: 0.44g (1.75%), Magnesium: 6.28mg (1.57%)