



Chocolate Turnovers



Vegetarian

READY IN

ready

31 min.

SERVINGS

servings

16

CALORIES

calories

210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 ounces bittersweet chocolate chopped



16 slices home-made type bread fresh white



3 tablespoons orange liqueur



3 cups raspberries



3 tablespoons sugar



16 servings sugar to taste



6 tablespoons butter unsalted melted



2 tablespoons water

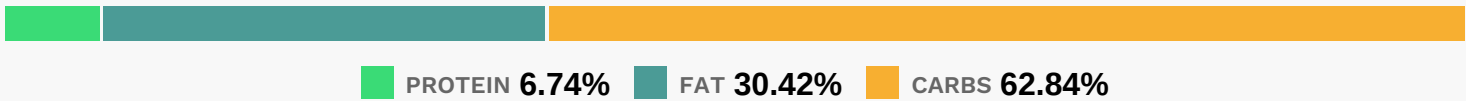
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Melt the butter.
- ☐ Roll out bread slices between two pieces of parchment paper until very thin.
- ☐ Brush bread on both sides with melted butter.
- ☐ Place 1 teaspoon of the chocolate in the center of each slice. Fold in half diagonally to cover the filling and form a triangle, trim edges. Press the edges with your fingers to tightly seal.
- ☐ Brush tops and bottoms with melted butter crimp edges with fork and sprinkle top with sugar. (At this point, the turnovers can be placed in a zippered plastic freezer bag and frozen for future use.)
- ☐ Place on parchment lined baking sheet and bake for 15 minutes (20 to 25 minutes if taken out of the freezer) or until golden brown.
- ☐ Serve warm or cooled, with raspberry sauce.
- ☐ In a food processor, puree all ingredients until smooth.
- ☐ Pour puree through a fine sieve into a bowl, pressing on solids, and chill, covered. Sauce may be made 2 days ahead and chilled, covered.;

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:17.41, Inflammation Score:-3, Nutrition Score:5.9382608558821%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 210.11kcal (10.51%), Fat: 7.08g (10.9%), Saturated Fat: 3.68g (23%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.07g (10.93%), Sugar: 19.03g (21.14%), Cholesterol: 11.5mg (3.83%), Sodium: 134.06mg (5.83%), Alcohol: 0.73g (100%), Alcohol %: 1.18% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.53g (7.06%), Manganese: 0.53mg (26.64%), Selenium: 8.55µg (12.22%), Fiber: 2.87g (11.46%), Vitamin B3: 1.74mg (8.68%), Vitamin B1: 0.12mg (8.25%), Iron: 1.4mg (7.76%), Vitamin C: 5.95mg (7.21%), Folate: 28.68µg (7.17%), Magnesium: 22.88mg (5.72%), Copper: 0.11mg (5.46%), Phosphorus: 53.29mg (5.33%), Vitamin B2: 0.09mg (5.04%), Calcium: 44.31mg (4.43%), Vitamin K: 3.75µg (3.57%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 140.95IU (2.82%), Potassium: 95.94mg (2.74%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.04mg (2.24%)