



## Creamy Apple-Raisin Turnovers

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups rome apple peeled coarsely chopped ( 2 apples)
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 tablespoons butter
- ☐ 12 cream cheese dough circles sweet
- ☐ 1 large egg white
- ☐ 1 teaspoon flour all-purpose
- ☐ 2 cups apples i use 2 granny smith apples peeled coarsely chopped ( 2 apples)
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 1 tablespoon cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract

## Equipment

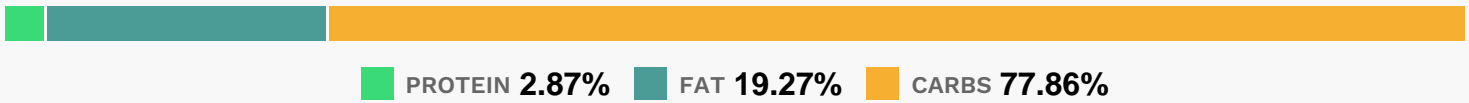
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

## Directions

- ☐ To prepare pies, melt butter in a large nonstick skillet over medium heat.
- ☐ Add apples; cook 15 minutes or until tender and lightly browned, stirring occasionally. Stir in brown sugar, raisins, cinnamon, and nutmeg; cook 1 minute or until sugar melts.
- ☐ Remove from heat; cool slightly.
- ☐ Combine cream cheese and the next 4 ingredients (through egg white), stirring with a whisk until well blended. Gently fold into cooled apple mixture.
- ☐ Working with 1 Sweet Cream Cheese Dough circle at a time, remove plastic wrap from dough.
- ☐ Place dough on a lightly floured surface. Spoon about 3 tablespoons apple mixture into center of circle. Fold dough over the filling, and press edges together with a fork or fingers to seal.
- ☐ Place the turnover on a large baking sheet covered with parchment paper. Repeat procedure with remaining Sweet Cream Cheese Dough circles and remaining apple mixture. Freeze 30 minutes.

- ☐ Preheat oven to 42
- ☐ Remove turnovers from freezer. Pierce top of each turnover once with a fork.
- ☐ Place baking sheet on bottom rack in oven.
- ☐ Bake at 425 for 19 minutes or until edges are lightly browned and filling is bubbly. Cool completely on a wire rack.
- ☐ To prepare the glaze, combine powdered sugar and remaining ingredients, stirring with a whisk until well blended.
- ☐ Drizzle glaze over the turnovers.

## Nutrition Facts



### Properties

Glycemic Index:29.15, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.2526086912207%

### Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

### Nutrients (% of daily need)

Calories: 88.39kcal (4.42%), Fat: 1.98g (3.05%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 16.79g (6.1%), Sugar: 13.83g (15.37%), Cholesterol: 5.18mg (1.73%), Sodium: 22.95mg (1%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 0.66g (1.33%), Fiber: 1.24g (4.95%), Vitamin C: 2.09mg (2.53%), Potassium: 86.83mg (2.48%), Vitamin B2: 0.04mg (2.13%), Manganese: 0.04mg (1.79%), Vitamin A: 85.54IU (1.71%), Vitamin B6: 0.03mg (1.33%), Selenium: 0.87µg (1.25%), Calcium: 12.28mg (1.23%), Copper: 0.02mg (1.23%), Phosphorus: 11.2mg (1.12%), Magnesium: 4.21mg (1.05%), Vitamin K: 1.08µg (1.03%)