



Cretan Turnovers: Skaltsounia

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



575 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup butter softened
- ☐ 3 egg yolks
- ☐ 2 eggs beaten
- ☐ 0.5 pound feta
- ☐ 1.8 cups flour
- ☐ 1 tablespoon mint leaves fresh crushed
- ☐ 3 ounces mascarpone cheese

- ☐ 1 tablespoon orange zest
- ☐ 0.3 cup powdered sugar
- ☐ 0.8 cup sugar
- ☐ 0.3 cup walnuts crushed toasted

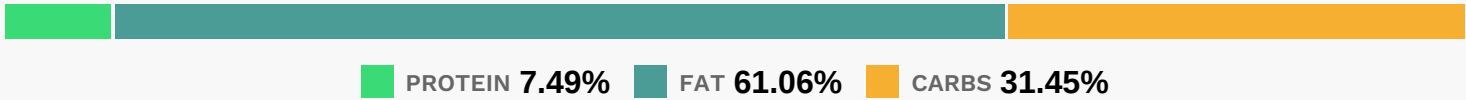
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Whip the butter until it is light. Whip in the sugar and egg yolks and blend well. Gradually add in the flour until it is smooth and soft.
- ☐ Add more flour if needed.
- ☐ Preheat oven to 375 degrees F.
- ☐ In a bowl cream together the feta, mascarpone, and eggs.
- ☐ Add the walnuts, orange zest, mint, and butter and blend well. Set aside.
- ☐ Roll out dough on a floured board and cut dough into 3-inch rounds. Take 1 tablespoon of the mixture and place it in the center of the circle. Moisten the edges and fold over into a half moon. Seal well.
- ☐ Transfer to a baking sheet lined with parchment paper.
- ☐ Bake until golden brown, about 20 minutes. When cool, sprinkle with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:28.54, Inflammation Score:-6, Nutrition Score:11.806521705959%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 575.26kcal (28.76%), Fat: 39.45g (60.69%), Saturated Fat: 22.59g (141.18%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 44.6g (16.22%), Sugar: 22.64g (25.16%), Cholesterol: 210.69mg (70.23%), Sodium: 531.44mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Selenium: 21.28µg (30.41%), Vitamin B2: 0.48mg (28.35%), Vitamin A: 1164.73IU (23.29%), Folate: 79.51µg (19.88%), Vitamin B1: 0.29mg (19.33%), Phosphorus: 193.25mg (19.32%), Calcium: 186.96mg (18.7%), Manganese: 0.33mg (16.71%), Vitamin B12: 0.76µg (12.61%), Iron: 1.99mg (11.06%), Vitamin B3: 1.98mg (9.88%), Vitamin B6: 0.2mg (9.86%), Zinc: 1.45mg (9.7%), Vitamin B5: 0.82mg (8.22%), Vitamin E: 1.04mg (6.95%), Copper: 0.12mg (6.2%), Magnesium: 20.07mg (5.02%), Vitamin D: 0.7µg (4.65%), Fiber: 1.11g (4.45%), Potassium: 97.9mg (2.8%), Vitamin K: 2.76µg (2.63%), Vitamin C: 1.27mg (1.53%)