



Curried Chicken Turnovers

READY IN



45 min.

SERVINGS



28

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup coconut or shredded divided
- ☐ 0.5 cup currants
- ☐ 1.5 teaspoons curry powder
- ☐ 3 garlic cloves chopped
- ☐ 1 tablespoon ginger peeled chopped
- ☐ 1.5 teaspoons ground coriander
- ☐ 1 teaspoon olive oil
- ☐ 2.5 cups onion chopped
- ☐ 35 sheets phyllo dough frozen divided thawed

- ☐ 1.3 teaspoons salt
- ☐ 1.8 pounds chicken breast boneless skinless chopped
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup water

Equipment

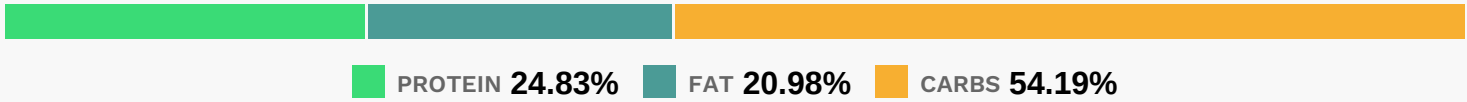
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Combine onion, ginger, and garlic in a food processor; process until finely chopped.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion mixture; saut 5 minutes or until lightly browned.
- ☐ Add curry and coriander; cook 1 minute, stirring constantly.
- ☐ Add water, currants, sugar, salt, and chicken; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Uncover; cook 20 minutes or until most of liquid evaporates.
- ☐ Remove from heat, and cool slightly. Stir in sour cream.
- ☐ Place the chicken mixture in food processor; pulse until finely chopped.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to prevent drying); lightly coat with cooking spray.
- ☐ Sprinkle with 1 teaspoon coconut. Repeat layers 4 times.
- ☐ Cut crosswise into 4 strips. Spoon about 2 tablespoons chicken mixture onto one end of each strip. Fold 1 corner of edge over mixture, forming a triangle; continue folding back and forth into a triangle to end of strip. Repeat procedure with remaining phyllo, cooking spray, chicken mixture, and coconut.

- ☐
- Place triangles on a large baking sheet coated with cooking spray; coat with cooking spray.
- ☐
- Bake at 400 for 18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.86, Glycemic Load:5.99, Inflammation Score:-2, Nutrition Score:5.8686957281569%

Flavonoids

Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 133.04kcal (6.65%), Fat: 3.08g (4.74%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 16.81g (6.11%), Sugar: 3.27g (3.63%), Cholesterol: 18.51mg (6.17%), Sodium: 259.82mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Selenium: 15.23µg (21.75%), Vitamin B3: 4.01mg (20.03%), Vitamin B6: 0.25mg (12.59%), Vitamin B1: 0.16mg (10.77%), Manganese: 0.19mg (9.64%), Phosphorus: 91.75mg (9.17%), Vitamin B2: 0.12mg (7.33%), Folate: 26.22µg (6.55%), Iron: 1.06mg (5.87%), Potassium: 181.61mg (5.19%), Vitamin B5: 0.5mg (5.03%), Fiber: 1.09g (4.37%), Magnesium: 15.26mg (3.82%), Copper: 0.06mg (2.97%), Zinc: 0.37mg (2.49%), Vitamin C: 1.74mg (2.1%), Calcium: 17.17mg (1.72%), Vitamin B12: 0.07µg (1.15%)