



Date-Nut Kahlúa Turnovers

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons butter melted
- 0.3 cup plus dark
- 8 ounce dates chopped ()
- 1 large eggs lightly beaten
- 1.5 teaspoons kahlua brewed
- 0.5 cup pecans chopped
- 17.3 ounce puff pastry frozen thawed
- 1 Dash salt

1 tablespoon sugar

1 teaspoon water

Equipment

baking sheet

oven

Directions

Combine first 4 ingredients; stir well.

Add half of beaten egg; stir well. Stir in dates and pecans.

Combine remaining half of egg with 1 teaspoon water; set aside.

Roll each sheet of pastry into a 12" square on a lightly floured surface.

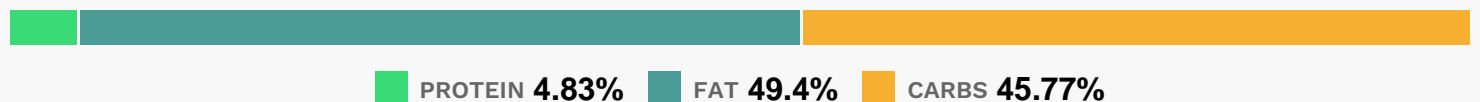
Cut each square into 9 (4") squares. Spoon 1 heaping tablespoon date mixture into center of each square; brush edges of pastry with egg mixture. Fold each square of pastry into a triangle; seal edges with a fork.

Brush top of each pastry with remaining egg mixture, and sprinkle with sugar.

Place pastries on an ungreased baking sheet.

Bake at 400 for 10 to 12 minutes or until puffed and golden.

Nutrition Facts



Properties

Glycemic Index:15.45, Glycemic Load:15.91, Inflammation Score:-2, Nutrition Score:4.2660869155889%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 234.75kcal (11.74%), Fat: 13.29g (20.45%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.01g (9.46%), Sugar: 13.88g (15.43%), Cholesterol: 10.33mg (3.44%), Sodium: 89.05mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Manganese: 0.31mg (15.45%), Selenium: 8.11µg (11.58%), Vitamin B1: 0.14mg (9.11%), Fiber: 1.71g (6.82%), Vitamin B3: 1.33mg (6.66%), Folate: 25.57µg (6.39%), Vitamin B2: 0.1mg (6.06%), Iron: 0.97mg (5.41%), Copper: 0.1mg (4.94%), Vitamin K: 4.83µg (4.6%), Phosphorus: 38.83mg (3.88%), Magnesium: 14.3mg (3.57%), Potassium: 118.7mg (3.39%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.46%), Calcium: 12.63mg (1.26%)