



Dinner Tonight: Sweet Potato and Gruyère Turnovers

READY IN



45 min.

SERVINGS



3

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.5 tablespoon thyme sprigs fresh
- ☐ 0.3 pound gruyere cheese grated
- ☐ 3 servings salt and pepper black
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion grated
- ☐ 2 pie crust dough refrigerated
- ☐ 0.8 pound sweet potatoes and into grated peeled

- ☐ 1 bunch swiss chard chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Adjust oven rack to middle position and preheat to 400°F.
- ☐ Pour the oil into a medium saucepan and heat on medium high until shimmering.
- ☐ Add the onion, and cook, stirring frequently, until soft, about 8 minutes.
- ☐ Add the swiss chard, and cook until wilted, about 5 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Mix in the grated sweet potatoes, Gruyère, fresh thyme, 1/2 teaspoon salt, and pinch of black pepper.
- ☐ Let cool for a few minutes.
- ☐ Cut the pie crusts in half, so you have four half circles. Spoon about 1/2-cup of the sweet potato mixture on one side of each half circle, leaving 1/2-inch border. Fold the dough over and crimp the sides. Using a knife, slice three openings on the top of the turnover. Repeat with the other three half circles.
- ☐ Crack the egg into a bowl, and whip with a fork.
- ☐ Brush the top of each turnover with egg. Line a baking sheet with parchment paper, and place the turnovers on top.
- ☐ Bake in the oven until the turnovers are golden brown, 20 to 25 minutes

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:12.76, Inflammation Score:-10, Nutrition Score:35.669565231904%

Flavonoids

Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg

Nutrients (% of daily need)

Calories: 986.51kcal (49.33%), Fat: 61.46g (94.56%), Saturated Fat: 19.41g (121.28%), Carbohydrates: 85.61g (28.54%), Net Carbohydrates: 76.99g (28%), Sugar: 7.59g (8.43%), Cholesterol: 96.14mg (32.05%), Sodium: 1225.34mg (53.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Vitamin K: 852.36µg (811.77%), Vitamin A: 22698.62IU (453.97%), Manganese: 1.24mg (61.89%), Calcium: 510mg (51%), Vitamin C: 37.3mg (45.22%), Phosphorus: 450.49mg (45.05%), Vitamin E: 5.57mg (37.1%), Magnesium: 147.26mg (36.81%), Fiber: 8.62g (34.49%), Iron: 6.14mg (34.12%), Vitamin B1: 0.49mg (32.41%), Vitamin B2: 0.54mg (31.75%), Folate: 123.97µg (30.99%), Potassium: 982.8mg (28.08%), Selenium: 18.21µg (26.01%), Vitamin B6: 0.5mg (24.81%), Copper: 0.48mg (23.94%), Vitamin B3: 4.21mg (21.03%), Vitamin B5: 2.03mg (20.25%), Zinc: 2.96mg (19.72%), Vitamin B12: 0.74µg (12.26%), Vitamin D: 0.52µg (3.47%)